

# LUNCH AT THE BARRE



**Tuesdays 12:00 – 12:35pm**

Join *April* via ZOOM for a virtual **Barre Sculpt** class. Raise your heart rate and tone at the same time. Your core, seat and thighs will thank you!

Please wear grip socks (or bare feet) and have a mat, light weights (or canned goods), and a small ball (or rolled up towel/small pillow) for added resistance.