EmpoWer Fitness, Wellness & Weight Loss Program For Women

Strengthen, Lengthen, and Define Your Body

"At the Barre Method"
Gina Clapham

4 Week Intensive Program Designed for Women by Women to Kick Start Your Weight Loss or to Step Up Your Fitness Level!!

-12 Goal Oriented Fitness Sessions with a Certified Personal Trainer at HALF the cost of One-on-One Training in a motivating "women only" group setting!
-Accountability
-Motivational Emails
-Outdoor and Indoor Workouts
-Nutrition Support
-Lose Inches All Over
-Firm and Tone your Entire Body
-Increase Strength & Flexibilty
-100% Gain in Self-Confidence
-50% OFF Barre Fitness Classes

Who's Invited: Women of all shapes, sizes, and abilities
When: Monday, Wednesday & Friday 8:30am - 9:30am
Where: Waccamaw Recreation Center, Pawleys Island
What to Bring: Water, Towel, Sneakers, and ENERGY!
Together we will MAKE IT SHINE!!

Save Your Spot...

Our "EmpoWer" Programs run every 5 Weeks and you can join anytime at a pro-rated rate!

Call: 843.655.0196 or 843.461.6041
Email: atthebarrestudio@yahoo.com

Classes are held at
Waccamaw Recreation Center
83 Duncan Road
Pawleys Island

Check us out on facebook:
www.facebook.com/atthebarrestudio

What is Barre Fitness: An exceptional fusion of ballet fundamentals, pilates, strength, flexibility, and core training using a ballet barre/chair. This total body conditioning technique has been intertwined to create a intense workout, guaranteed to transform and sculpt your entire body.

Tuesday and Thursday Mornings
Waccamaw Recreation Center
8:15am - 9:15am
ONLY $10.00 a Class
**If you are a member of our EmpoWer Women's Group you will receive Barre Classes for 1/2 price!!