

# Weds 9.15 - 10 a.m



INTENSITY 6-8  
Suitable for all  
Men welcome!  
PLEASE try this!

## *Barre Body*

This beautiful class is easy to follow as there is only simple choreography but NOTHING is better for your glutes (in fact the entire posterior) therefore it is fabulous for posture. No dance is involved - this is conditioning but an absolutely lovely session and very popular.

Using chairs or the Barre you'll find your elegant side as you firm up EVERYTHING!!

*Always advise Cat of any health matters or changes to your health*