BEYOND BARRE

Come experience what this exciting new format is all about! Beyond Barre is offered at all 3 YMCA facilities!

WHAT IS BEYOND BARRE?
Beyond Barre fuses ballet, strength, Yoga and Pilates elements into one exciting class that will sculpt your body. This “Bar Free” class challenges and builds the bodies balance while helping to decrease the risk of overuse injuries by allowing you to work within your own range of motion. Each class includes a standing strength segment that incorporates upper and lower body while engaging the core and finishes with floor core work. This is an intense workout but offers modifications for all skill levels and fitness abilities. Small tools such as hand weights and small balls may be used during class. Barefoot is recommended but socks or shoes are always welcome. Other formats include Beyond Barre Pilates which blends in more elements of traditional Pilates and Beyond Barre 30 is the same intense class balanced into 30 minutes. Beyond Barre Fusion blends traditional elements of Barre with Intervals of Dance Cardio.

Central:
Monday  11:30am          Beyond Barre 30          Studio 2
Tuesday  6:05am          Beyond Barre          Studio 2
Tuesday  9:45am          Beyond Barre          Studio 2
Wednesday  5:15pm         Beyond Barre Pilates          Studios 1&2
Thursday  6:05am         Beyond Barre          Studio 2
Thursday  9:45am         Beyond Barre          Studios 1&2
Thursday  4:15pm**       Beyond Barre          Studios 1
Thursday  6:40pm         Beyond Barre          Studios 1&2
Friday    11:30am         Beyond Barre 30          Studios 1&2

Valley:
Monday    11:40am         Beyond Barre Pilates/Piloxing*        Studio
Tuesday   10:30am         Beyond Barre          ½ Gym
Wednesday  6:15am        Beyond Barre          Studio
Wednesday  9:30am**      Beyond Barre Fusion**          ½ Gym
Wednesday  5:30pm        Beyond Barre          Studio
Friday     9:45am         Beyond Barre          Studio
Saturday  9:00am**        Beyond Barre/R.I.P.P.E.D.*         Studio

North:
Monday    5:15am          Beyond Barre**         Studio 1
Tuesday   9:30am          Beyond Barre          ½ Gym
Wednesday 5:30pm         Beyond Barre**         Studio 2
Thursday  9:30am         Beyond Barre Pilates          ½ Gym
Thursday  5:15pm         Beyond Barre**         Studios 1 & 2
Friday    5:30pm         Beyond Barre**         Studios 1 & 2

*Monday and Saturday Valley Class alternates Beyond Barre with another format each week.
**New to the Winter 2015 Schedule