

metrobarre

AGNP Fundraiser

Metro-Barre is a one hour full body workout that fuses the elements of Ballet, Pilates and Yoga inspired movement, for a truly unique and fun fitness experience. The exercises are low impact in nature but high intensity intervals of strength training followed by deep recovery stretching. Metro-Barre will evenly sculpt and transform the entire body, resulting in a beautifully toned body!

**The best part of a MetroBarre workout?
No tutu's, tights or experience required!**

Come join the fun and support the AGNP Fundraising Effort!

February 21, 2016

**Metropolitan School of the Arts
5775 Barclay Drive, Suite 4
Alexandria, VA 22315**

1:00 – 2:00 pm

**\$20.00 per person
(All proceeds go to the AGNP Fund!)
To sign up please contact Andrea Kleess at
AndreaUK@aol.com**

What do you do in a MetroBarre class?

Every MetroBarre class begins a warm-up, followed by series of upper body exercises using light hand-held weights. The ballet barre is used to sculpt the lower body, strengthen core muscles and for flexibility training. Then it is down to the yoga mat utilizing a fitball for more core work and then finally some yoga inspired stretches ending with a final relaxation.

What do you wear in a MetroBarre class?

Please wear comfortable workout wear. We suggest tight fitting “yoga type” clothing so that the instructor can easily see form and alignment. The workout is done barefooted but can also be done in ballet, jazz or athletic shoes.

What do I bring to a MetroBarre class?

We have everything you will need for your MetroBarre class including yoga mats, hand held weights, fitballs, yoga blocks and blankets. You are always welcome to use our yoga mats but suggest bringing your own if you have one simply for hygiene reasons. Please bring your own water bottle and remember to stay hydrated throughout the class!

Who can participate in a MetroBarre class?

MetroBarre Fitness has been designed for ages 16 and up and will benefit people of every fitness level. If you have any injuries, it is recommended that you consult with your doctor before beginning any new exercise program. Also, be sure to let your MetroBarre Instructor know about your injuries before class begins so modifications can be offered. If you are pregnant and have been exercising regularly and have no serious medical problems with an uncomplicated pregnancy, it may be safe to participate in a MetroBarre class; however, ALL pregnant clients must provide a written consent from their physician.