

ACE X

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Have you ever wanted to try a **barre** class? Come try a new integrated barre method--fusing together the strength of **Pilates**, stretch of **yoga**, and a bit of **ballet barre**--for a total body workout that feels great! You'll learn simple moves for rapid results and a longer, leaner, stronger body. No experience required--classes are designed to allow clients of all fitness levels the ability to participate successfully in class.



Wednesday Lunchtime: 12-12:45_{pm}
Friday Mornings: 9-9:55_{am}

pilates + yoga

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