

# BARRE <sup>TM</sup> above

with Pilates Focus

Barre Above™ with Pilates Focus blends the very best of Pilates and barre formats, creating a completely dynamic fusion program that participants love! Barre above™ with Pilates Focus is barre for all bodies and all types of instructors!

Providing total body alignment along with bio-mechanically sound exercises, you'll help your students to improve their strength, flexibility and posture. By learning how to interchange barre and Pilates exercises, you'll learn a new and fresh perspective on exercise selection, equipment choice, and layering exercises and sequences to create a uniquely different kind of fusion workout for your students.

- Flexible formats for all fitness levels
- No Licensing Fees
- Complement any instructor's teaching style
- Can be taught on the barre or on basic Pilates equipment
- Optional Ongoing Choreography

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*Become an Instructor Today!*



**Master Trainer:  
Leslee Bender**

*Get Certified!*

**Sept 7  
Sherwood Park, AB**

**Barre above™ with Pilates Focus  
CERTIFICATION**

**Saturday, Sept 7th, 2019**

**Sunshine Park Fitness  
#2, 2016 Sherwood Drive**

**Sherwood Park, AB**

**Time: 8:00 am - 5:30 pm**



CEC'S FROM CANADIAN & US CERTIFYING AGENCIES

Register at [www.FMGonline.ca](http://www.FMGonline.ca)

[Info@FMGonline.ca](mailto:Info@FMGonline.ca)