

Barre Synergy

with Lauren Stewart

973-233-1218

Strength!

Flexibility!

Balance!

Energy!

Classes held at the

NJ Center for Healthy Living in Montclair
292 Bloomfield Avenue, 2nd Floor

(across from Lackawanna Plaza and above Noodle Central Restaurant, see www.NJCHL.com for detailed directions)

Barre Synergy is strength and flexibility training incorporating principles and postures of dance, yoga, and the Lotte Berke Method approach to total body conditioning. The one-hour class follows a systematic format of challenging strengthening and stretching intervals geared toward creating long, lean muscles, and energy efficiency through improved posture and increased muscle tone.

The class is done to upbeat and motivating music and closes with calming stretches.

From the novice exerciser to the conditioning athlete, you can expect to see results within the first month of one or more classes per week, and begin feeling better after your first class!

Core training is part of every session. The inside-to-out approach begins with strengthening the low/deep abdominal muscles first and then working the rest of the abdominal wall. As the abdominal musculature gets stronger there is a direct carry-over to one's fitness, performance, and back health.

Schedule & Fees:

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|------------|----|---------|-----|---------|
| Mondays | at | 9:30 AM | and | 6:30 PM |
| Wednesdays | at | 9:30 AM | | |

\$20 drop-in

\$175 for ten classes

Personal training services also available @ \$75/hour.