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Raising the Barre

...new fitness studio at Town Square combines ballet bar, yoga and Pilates workouts

LAS VEGAS (December 1, 2009) - Keeping in shape during the holidays can be a challenge but a new fitness studio at Town Square is poised to put you up to the task. Barre Las Vegas™ will introduce the barre workout to results-inspired individuals when it opens mid-December. The barre workout is a combination of ballet bar work, yoga and Pilates, infused with orthopedic stretching to help produce a lean, toned body.

Popular throughout the country, the barre workout integrates hundreds of different variations of exercises that focus on precise movements to provide strength, flexibility and balance.

Barre Las Vegas owner Sue Harragan learned about the barre workout in Los Angeles and was instantly hooked. She identified the opportunity to bring the barre workout to Las Vegas.

“People are always looking for a way to mix up their workouts and add fresh routines in order to enhance their results, and I think there’s a great opportunity in Las Vegas for this technique,” Harragan said. “The barre workout is seeing increasing popularity around the country because of the great results people are seeing from the classes. With the variety of exercises, you’ll never take the same class twice.”

The hour-long classes are at a motivating pace that encourages fat burning while creating long, lean muscles. The smaller semi-private class size creates a safe, supportive environment to yield the best results possible. Participants should wear long pants and socks. Light weights are also used and provided by the studio. All instructors go through certification in the barre technique, and classes can be modified to individuals who are pregnant or have previous injuries.

Barre Las Vegas will be open from 8 a.m. to noon and 4 p.m. to 8 p.m. Monday through Friday and from 8 a.m. to 2 p.m. Saturday and Sunday. Classes are \$20 each and special packages will be available. New clients can enjoy a one-time \$99 special for one month of unlimited classes. The studio will also feature a retail boutique that will offer a selection of fitness related merchandise, including lululemon athletica and crescent moon socks. For more information and class schedules visit www.barrelasvegas.com.

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