



BARRE CLASS

STARTS MONDAY, JUNE 4

Come enjoy this full body workout with Lisa C! This class is a combination of postures inspired by ballet, yoga, and Pilates. High repetitions and isometric holds help to build strong lean muscles.

You can burn, shake, quake, tone and lengthen your way to a stronger, leaner you.



When: Mondays 3-4pm

Free class for all members and \$10 for Non-Members

Located in the large group fit room within the Wellness Center at St. Thomas West S&E building on the 3rd floor

**Let's Meet
at the
BARRE**

**Every
Monday at
3 PM**

**Saint Thomas
West Wellness
Center**

**TONE, BURN,
SHAKE & QUAKE
to a better,
stronger you!**

**WELLNESS CENTER,
3RD FLOOR S&E
BUILDING**

615-222-2056

STHealth.com/wellnesscenters

Wellness
Center



Saint Thomas
WEST HOSPITAL

