



A UNIQUE STUDIO EXPERIENCE WITH STATE OF THE ART EQUIPMENT

INTRODUCING

get ready
for spring!

A NEW STYLE OF TRAINING

B3 Circuit Barre

Come ready to transform your body.

Improve Tone, Strength, and Core

The class will be upbeat high energy class. The focus will be to lift tone and strengthen you.

Expect a total body workout with cardio burst.

Small group energy with accountability

Each 45 minute Session will include:

Barre, TRX and Pilates.

February 4 - March 16

Join class 2 times per week

Monday and Wednesdays

8:30 or 11:45

for \$180.00

or

Saturday only 9am

for \$100.00

45minute

6 weeks of innovation

only 6 spots available for each class

to register contact Amy or Kristy

*class offering may change due to interest



for more information: b3strong.com
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