



# BARRE CONNECT

## BALLET AND DANCE TECHNIQUE



**Ballet is the FOUNDATION of this format**

The majority of the class should be spent in this component.

## FUNCTIONAL STRENGTH TRAINING



**Functional strength will be the MOST familiar**

This component is used to develop stability and strength in the primary muscles of the body, using 6 primary movement patterns.

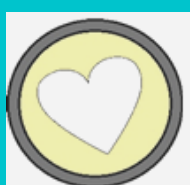
## YOGA POSTURES



**Yoga is included to be a FITNESS component**

This component is used to enhance flexibility, mobility, and balance.

## CARDIO CONDITIONING BURST



**Cardio is a MINOR component**

This component is included to maintain the traditional class components of floor work.