



STRENGTHEN AND LENGTHEN WITH BARRE NONE

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OVERVIEW

Barre None is a fusion class that combines elements of ballet training, athletic conditioning, and Pilates alignment and movement concepts to help strengthen and lengthen your body.

OBJECTIVES

Participants will be able to describe how the Barre None choreographed blocks can work independently or combine together to form a complete class, the five major Alignment Tools, and demonstrate five basic dance techniques that enhance muscular coordination, agility, and strength.

SUMMARY

Dancers know that the true workout happens in the center. The barre is used to help you gain body awareness of where you are in space and how to balance, but ultimately you don't want to rely on it for feedback. Barre None has been designed so that dancers and non-dancers alike will both strengthen and lengthen their bodies with this challenging and fun class.

**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**