



Meet Me At The **BARRE**

Barre fitness is for all levels: Engage in 45 minutes of lengthening, strengthening, toning, and overall body conditioning using body weight, barre balls, resistance bands, gliders, and weights. Meet Me At The Barre is a low impact, high results, small group fitness class geared at lifting your glutes and strengthening and lengthening your legs all while engaging your core and upper body. We incorporate balance, stability, and flexibility while at the barre.

Class days and times: Mondays 12:00- 12:45 pm and Saturdays 10:00 - 10:45 am

Classes will begin the week of January 16th & are held in the KH room next to the women's locker room

Class Cost: \$35/month for 1 class per week (member) - \$42 (non member)

\$70/month for 2 classes per week (member) - \$84 (non member)

Drop in classes will be available at \$10/class

For more information or to sign up contact:

Kristin Pederson

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I truly love teaching group fitness classes here at Peak. I currently teach Spin, Strong, and Body Ballet. With a love for the people here, I have decided to bring Barre to this amazing community. I have loved dancing my whole life starting at the Waia Nani Moving Company when I was 2 years old. I was involved in Tap Ballet Hip Hop and Modern Dance. I continued to dance throughout High School and College. Health and Fitness have always been a huge part of my life and I feel so lucky to be a part of the CDA Peak team. See you at the Barre!



