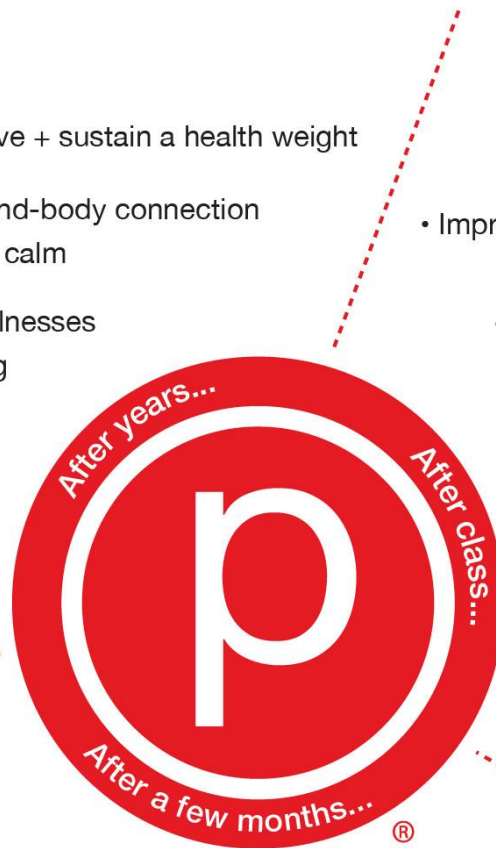


the health benefits of pure barre

pure barre is a low impact, high intensity total body workout that WILL challenge + change you physically + mentally

pure barre will...



- Help you achieve + sustain a health weight
- Deepen your mind-body connection enabling peace + calm

- Help delay or prevent chronic illnesses + diseases associated with aging

- Increase your chances of living longer + maintaining quality of life

- Empower you to be your best self + inspire others around you to do the same

- Strengthen muscles, bones + joints

- Increase your ability to do other physical activities

- Alleviate anxiety

- Improve cholesterol levels

- Promote better sleep

- Improve mental health + mood

- Reduce stress

- Boost energy + brainpower

- Increase flexibility + range of motion

- Surround you with a fun + supportive community

- Improve blood circulation which reduces the risk of heart disease