

Barre Fusion with Michelle Maryk

- A faster paced class, combining exercises from **Yoga, Pilates, and Ballet**. Don't worry, no dance experience required! The ballet portion consists of exercises performed by ballerinas to maintain those beautifully chiselled legs! This class targets the core, arms, shoulders, back, butt, and legs. It is a full body work out; great for losing weight, building muscle, and flexibility. Move at your own pace, modifications available, and feel free to bring light weights to really feel the burn! (1-5 lbs)

- **Bronx Park Community Centre** (Creative Arts Room)
720 Henderson Hwy.
- **Thursdays**
- **5:45 – 6:45 pm**
- **January 10th to March 28th** (excluding January 31st)
- **Drop-in: \$7.00** (tax included)
- **Full session (11 classes): \$65.00** (tax included)