



Boulder Parks & Recreation

BARRE FUSION

www.BoulderParks-Rec.org



Strength, tone, and balance the entire body! This is a fun and empowering class set to today's hottest music. Focusing on postural strength and alignment, followed by a series of upper body exercises using light weights. The ballet barre is used to sculpt the lower body, abs and for flexibility training.

CLASSES BEGIN AUGUST 2nd!

East Boulder Community Center

Tuesdays 6:30pm-7:30pm, Dance Room (*No class 8/16*)

South Boulder Recreation Center

Saturdays 10am-11am, Dance Room (*No class 8/27*)



Register online at www.BoulderParks-Rec.org or call 303-413-7270.

North • 303-413-7260
3170 Broadway 80304

South • 303-441-3448
1360 Gillaspie 80305

East • 303-441-4400
5660 Sioux Dr. 80303