

*Morehead City Parks and Recreation Department presents:*

# ***BARRE FITNESS***



## **Barre Fit**

- Targets all major muscle groups.
- Uses stretching and strength exercises to reshape bodies.
- Creates long and lean muscles without bulk.
- Aligns spine and helps correct postural dysfunctions.
- Strengthens back and abdominals for better support and stabilization.
- No experience required.
- A healthy challenge for all ages.
- Bring water. Yoga mat/towel is optional.



**Tuesdays at 7:45 AM**

**Tuesdays at 5:30 PM**

**Thursdays at 9:00 AM**

**Thursday at 5:30 PM**

**\$20 for 4 classes monthly or \$10 Drop-in fee**

**Morehead City Recreation Center**

**1600 Fisher Street, Morehead City, 28557**



**VICTORIA WARD, RECREATION SUPERVISOR,  
BARRE INSTRUCTOR, CPT, GPT, FNS**

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