

# BARRE FIT



You can wear comfortable workout clothes, and bare feet is best. The movement style as Pilates-based movement with influence from Ballet. About half of the class is done at the barre and half on a mat. You are encouraged to bring your own mat if you have one, but we have a couple extras if not!

**Every Monday Night, 7:45-8:30pm  
Begins September 12<sup>th</sup>**

6 Classes for \$50  
All 12 Classes for \$100  
Or Drop In Classes, \$10 each

You do not need to attend 6 or 12 classes in a row.  
Come whenever works for your schedule!

*Please fill out the bottom of this flyer and hand it in to the office.*



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## Registration for BarreFit Summer Classes

Name \_\_\_\_\_ # of Classes Planning to Attend (circle one) 6 12 Drop in

Address \_\_\_\_\_  
(Street)

(City)

(State)

(Zip)

Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

I am aware that participation in dance is a potentially risky activity. I assume all risks associated with participation in any dance class, including but not limited to, falls, contact with other persons, and any other reasonable risk conditions associated with dance. All such risks to myself are known and understood by me. By signing below, I am approving the use of my photograph in studio publications, advertising, website, etc, I understand that names will not be listed. By signing below, I give permission for emergency medical treatment in the event that a parent cannot first be contacted.

Signature \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_