



COMPREHENSIVE BARRE INSTRUCTOR COURSE

GET INTENSE

Are you a barre student wanting to learn more? A group fitness instructor looking to add barre to your teaching repertoire? Already teaching barre and hoping for a fresh perspective? If you've answered YES to any of these questions, we're certain our Barre Intensity® instructor training program is for you.

LEARN

✉ info@barreintensity.com

📞 (248) 219-1164 📷 @barreintensity

THE
BARRE
INTENSITY
DIFFERENCE

Tahoma Athletic Club
23836 222nd Place
SE Suite 200
Maple Valley, WA
98038



Sunday, March 1st, 2020 (9:00 AM - 7:00 PM)

WHAT'S COVERED

Learn the foundations of becoming a barre instructor as we review: class principles, the class outline, musicality, alignment, exercise overview, cueing, transitions & flow and so much more.



ALIGNMENT

Learn our five fundamental body alignment principles and how to apply these principles to common barre exercises.



CHOREOGRAPHY

Review in detail 45 basic barre exercises. Each exercise accompanied with verbal cues along with ways to modify and enhance the movement.



REFINEMENT

We fill in the gaps between alignment and choreography to teach you how to motivate, cue effectively and flow through movement.

FREE SUPPORT

Through the help of our online video resource, Barre Now, we're able to offer all Barre Intensity® trainees FREE post barre training support covering: anatomy, transitions, exercise refinement and even full classes. These video resources reinforce the information learned during the Comprehensive course and further prepare you to be the best instructor you can be.

▶ barrenow.com

\$349 | ONE DAY
INSTRUCTOR
TRAINING

REGISTER TODAY AT BARREINTENSITY.COM/TRAININGS