





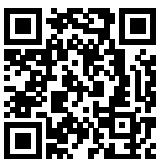




Barre Pilates is a fusion of ballet and Pilates at the barre. It is the most fabulous legs and glutes (bottom) workout, as well as perfect for improving posture and strengthening the whole body. You do not need any Pilates, ballet or barre experience to come along and enjoy this course. It is for complete 'Barre' beginners.

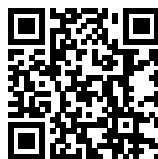
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Barre Pilates (a fusion of Ballet and Pilates) at Havering College, Ardeigh Green



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