

# BALTIMORE *Ballet*

Cem Catbas, Director

# BARRE FITNESS

Do you want to have all of the *athletic* benefits from taking a ballet class without having to focus on technique?  
...If so, then *Barre Fitness* at Baltimore Ballet is the class for you!

Barre Fitness uses a combination of ballet and dance movements along with elements of Pilates to improve posture and flexibility and increase muscle strength. Quickly create longer, leaner muscles and a more toned physique. Barre Fitness works the whole body while toning and sculpting particular areas- buttocks, thighs, arms, abs, and much more!



**Register Today!**

Call **410-667-7974** or visit **[www.baltimoreballet.com](http://www.baltimoreballet.com)**  
for more information about *Barre Fitness* at *Baltimore Ballet*!

10534 York Road, Suite 201 \* Cockeysville, MD 21030