

the **bar** method

HUNTINGTON VILLAGE

45 MINUTE EXPRESS CLASS BENEFITING
THE SEPTA & SOUTHDOWN PTA

WHEN (2 OPTIONS):

- WEDNESDAY, FEBRUARY 1ST AT 7PM
- THURSDAY, FEBRUARY 9TH AT 12:30PM

COST:

\$30 PER CLASS; 100% OF THE PROCEEDS WILL
BE SPLIT BETWEEN BOTH PTA GROUPS

- Cash or Venmo (@kathryn-odwyer-26)

ABOUT THE WORKOUT:

Bar Method is a barre-based workout designed to transform your body through high-repetition, low impact resistance training. With elements of Pilates, yoga, and other strength-training workouts fused into a ballet-inspired barre workout, you will experience better flexibility, total-body definition, and metabolism-boosting endurance that lasts long after class.

DETAILS:

- RSVP by January 31st with desired date to lauren.nilsson@barmethod.com
- Arrive 15 minutes prior to class with closed-toe socks (preferably grip socks!)

Kelly Donovan & Lauren Nilsson - Studio Owners
631.923.1172
The Ice House - 50 Stewart Avenue, Suite 1

