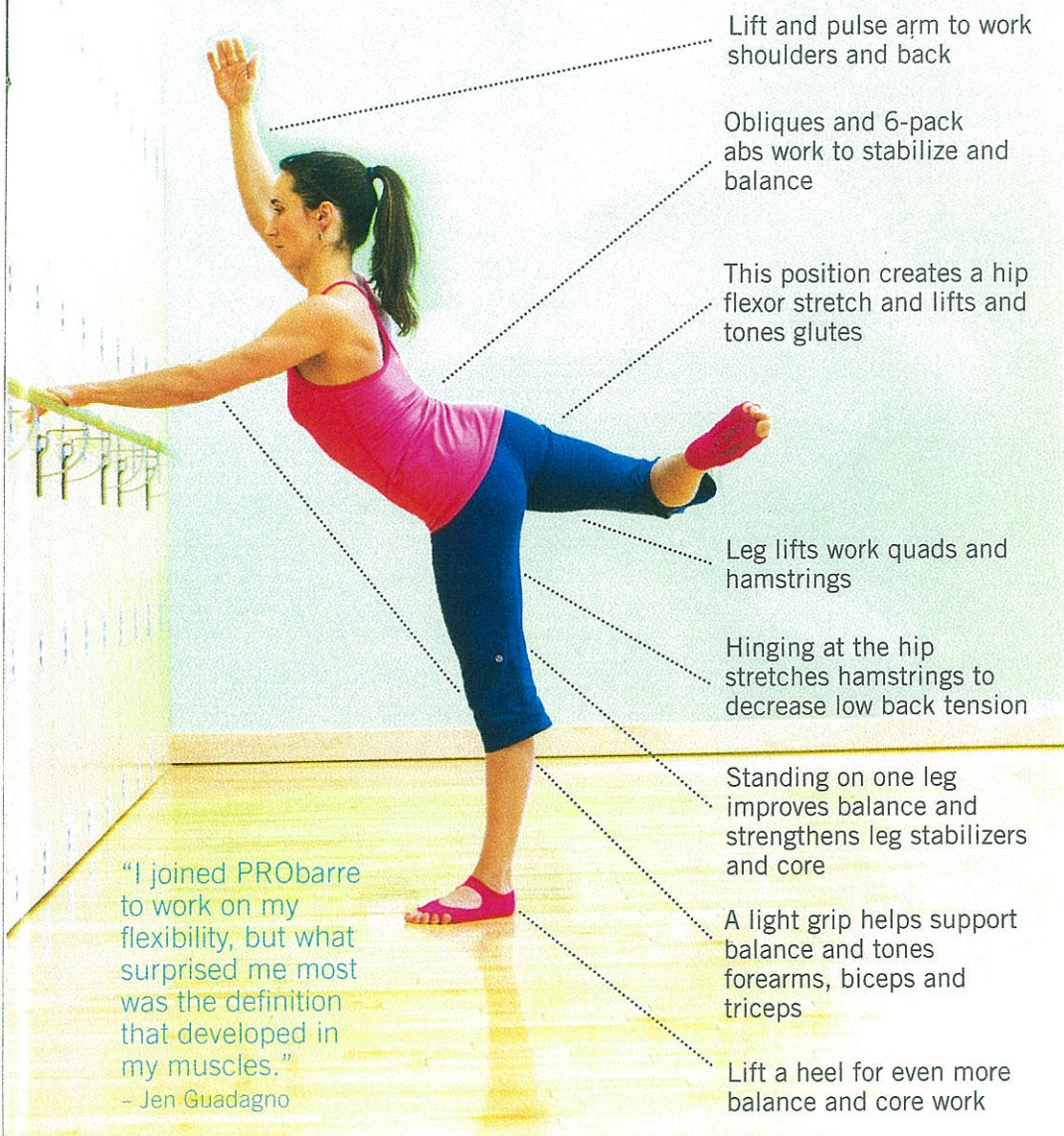


By Andrea Blair Cirignano, Group Fitness Supervisor

# PROBARRE

9:15 AM, MONDAY & WEDNESDAY  
12:00 PM, MONDAY & FRIDAY  
**NEW!** 7:00 PM TUESDAY & THURSDAY



Lift and pulse arm to work shoulders and back

Obliques and 6-pack abs work to stabilize and balance

This position creates a hip flexor stretch and lifts and tones glutes

Leg lifts work quads and hamstrings

Hinging at the hip stretches hamstrings to decrease low back tension

Standing on one leg improves balance and strengthens leg stabilizers and core

A light grip helps support balance and tones forearms, biceps and triceps

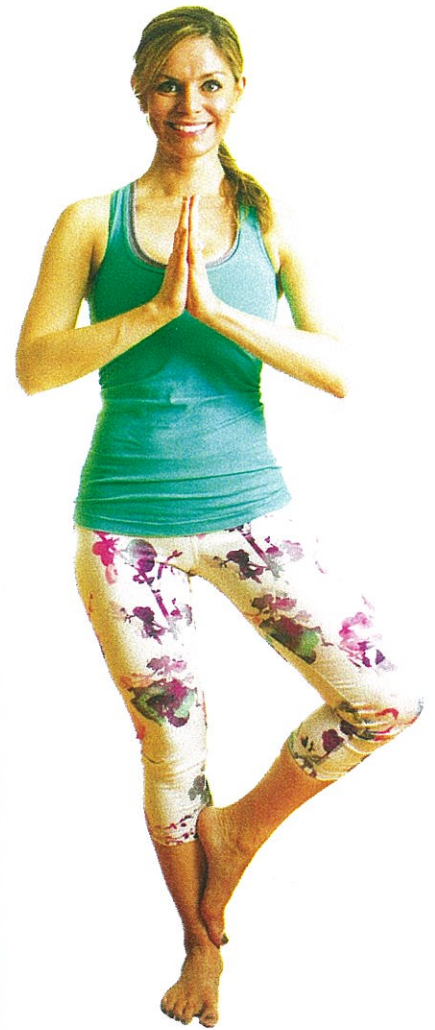
Lift a heel for even more balance and core work

"I joined PRObarre to work on my flexibility, but what surprised me most was the definition that developed in my muscles."

- Jen Guadagno

PRObarre combines Pilates mat, yoga, and low-impact strength training with the ballet barre for a FUN total body workout. We typically begin on the mat with a dynamic warm-up before completing high repetition exercises with light (2-5 lbs.) dumbbells. Next, we move to the barre where the focus turns to balance and feeling the burn in the lower body, and end with Pilates-inspired core work and yoga-inspired stretches. You can expect to improve balance, core strength, and posture with a regular PRObarre practice. No Pilates, dance, or yoga background is required.

» Register online at [proclub.com](http://proclub.com) or call Group Fitness at (425) 895-6578.



## YOGA FOR BEGINNERS WORKSHOP

SUNDAY, SEPTEMBER 28  
10:30 AM - 12:30 PM  
\$30, REGISTER AT THE FRONT DESK

Whether you've never rolled out a yoga mat, you'd like to refresh on some of the basics, you've been away from the mat for some time or you want to introduce a friend or family member to yoga, this is the workshop for you. Learn basic yoga poses and how to use props, get an introduction to the sun salutations and take home a handout so you can continue your practice at home.