



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NEW
CLASS**
in October!

BARRE CARDIO



& INTERVALS



FRIDAYS at 8 am in Studio A

What is Barre Cardio and Intervals?

This class includes signature barre movements that are small, controlled, ballet inspired exercises which focus on building strength and developing endurance in the major muscle groups. It alternates with HIIT segments where participants perform short bursts of cardio followed by active recovery.

A two in one class!

First Class
Friday, Oct. 3
in Studio A
@ 8:00 am

YMCA FAIRFAX COUNTY RESTON