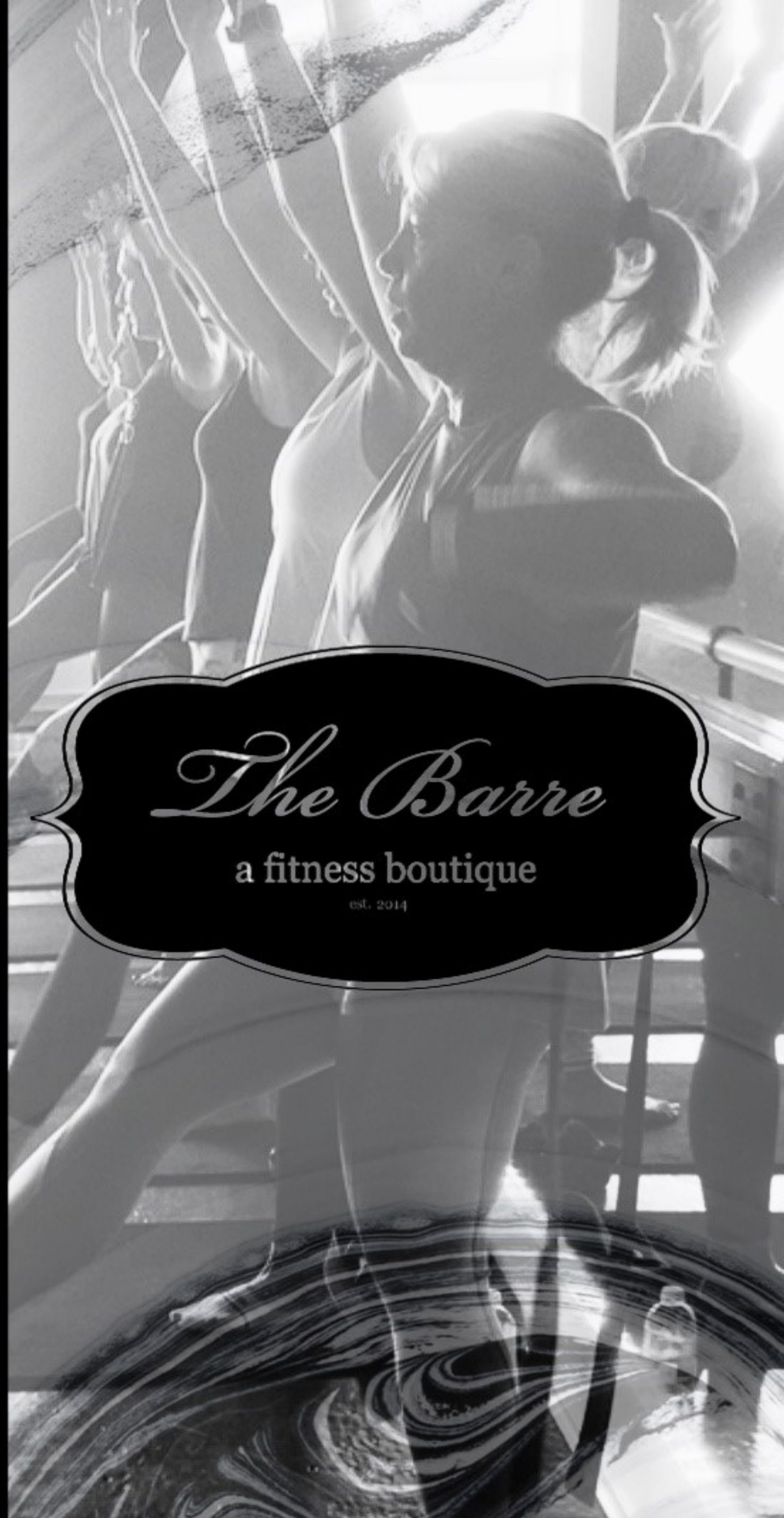


2020

CLARK COUNTY WELLNESS CHALLENGE

ALL PARTICIPANTS
WILL RECEIVE A
5 CLASS
PACKAGE TO
THE BARRE: A
FITNESS BOUTIQUE.

TO REDEEM THIS
PACKAGE PLEASE
EMAIL US
INFO@THEBARREKY.COM



5 SOUTH MAIN ST. WINCHESTER - THEBARREKY.COM 859.221.4957

**NEW
NEW**

*Year
You*

The Barre

a fitness boutique

MONDAY

6:00AM SPIN₄₅
9:30AM BARRE _{FIX}
3:45PM BOUNCE _{TABATA}
6:00PM SPIN₄₅
7:00PM BARRE _{FOCUS}

TUESDAY

6:00AM BOUNCE
8:30AM HIIT SPIN
5:30PM KETTLEBELL
6:30PM BARRE _{FOCUS}

WEDNESDAY

6AM BARRE ₄₅
8:30AM AERIAL _{SCULPT}
9:30AM LIFTED
3:45PM SPIN
6:30PM KICKBOXING

THURSDAY

6:00AM LIFTED ₄₅
9:30AM BOUNCE _{SCULPT}
10:30AM BARRE _{CARDIO}
5:30PM SPIN ₃₀
6:00PM BARRE _{FOCUS}

FRIDAY

8:30AM AERIAL _{SCULPT}
9:30AM SPIN ₃₀
10:00AM BARRE_{+STRETCH}
3:45PM LIFTED ₄₅
5:45PM SPIN ₄₅

SATURDAY

8:30AM BOUNCE
9:30AM BARRE _{FIX}
-OR-
8:30AM SPIN
9:30AM BARRE _{FOCUS}

SUNDAY

5PM



JANUARY 12TH SPIN _{+ABS}
JANUARY 19TH BARRE _{FIX}
JANUARY 26TH BARRE _{CARDIO}
FEBRUARY 2ND BARRE _{PRAISE}
FEBRUARY 9TH AERIAL _{SCULPT}

OPEN HOUSE

JANUARY 11TH 10:30AM -12PM

5 YEAR CELEBRATION

GLOW BARRE 7PM JAN 30TH