

DEL MAR BALLET

BarreWorX Workout

The BarreWorX Workout uses the ballet barre, weights, and mats to gain body tone, strength, muscle length and definition. As a body-sculpting workout, BarreWorX uses the combination of participants' own body weight as resistance, stretching and aerobic exercise. Small weights are used to augment the workout.



BarreWorX Workout is a 60-minute intense session that will challenge bodies of any age, gender or fitness level. Using a format of interval training and isometrics, bursts of energy and deep stretching, BarreWorX Workout produces sculptured bodies, good posture and weight loss.



BarreWorX Workout, developed by a professional ballet dancer and Pilates devotee, combines a dancers regimental training with the safety of Pilates. Using music from every genre and introducing aspects of numerous and varied dance forms, BarreWorX Workout is intense, enjoyable and instantly rewarding.

BarreWorX is one of the most effective, fastest, safest ways to change your body!

