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Mondays

Four-week session

April 8, 15, 22, 29

6:30-7:15 p.m.

*Pre-register & Save!  
\$30 per session*

*\$8 walk-in fee  
(cash or check)*

Civic Auditorium  
1001 Ridge Street  
Lower Level  
(enter at ramp on Plain Street)

Bring Light weights

(5 lb. maximum)

Limited Pilate balls available

Barre workouts are designed to give you a long, lean dancer-like physique. While all Barre workouts differ slightly in structure, most combine elements of ballet, Pilates, and yoga. Barre exercises rely mainly upon one's body weight for resistance and the moves challenge your core stability and balance.

Join certified instructor Becca Masters as she guides you through the highly effective sequences of toning and resistance exercises.

Pre-register at the Park Office  
by calling 219-326-9600  
or visit 250 Pine Lake Avenue

250 Pine Lake Ave.  
La Porte, IN 46350  
219.326.9600



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