

Bartley Center Group Exercise

FALL 2018

Fitness Fusion

A unique cardiovascular movement class that blends a bit of ballet, a pinch of Pilates and a dash of Yoga into a standing movement class. We'll be focusing on enhanced flexibility by increasing range of motion, while improving posture and alignment. The class will end with a stretching component. Modifications will be incorporated.

Thursday: Sept. 6th – Dec. 20th
4:30PM-5:30PM with Trisha Clark

