



Studio Updates and BU News!

We have an exciting couple months ahead at our studio and looking forward in seeing all of you!

COVID-19

In response to COVID-19 and CDC guidelines we have increased our sanitation process – many of you have already practiced this with us in studio. After class is over leave the equipment at your station. If you borrowed a BU mat, please leave this laid out. No need to worry about disinfecting equipment; the instructor will go around post class and spray down everything used in class in addition to our standard sanitization process. Please make sure you are using the hand sanitizer by the front door as you walk in and on your way out.

We are disinfecting all the equipment, the floors, the barres and our normal daily cleaning.

Please continue to wear your barre socks and bring your own mat to help keep our studio in tip top shape!

Upcoming Events – Mark your Calendars!

Barre-less Barre at Two EES Winery is back – and coming Sunday August 2nd! Make sure to sign up on the event page through our facebook or Two EES Winery to reserve your spot. Spots are limited and class will be conducted in their indoor private room. A complimentary wine slushee post class will be included.

BU turns TWO! - Come on out and join BU's second birthday September 12! We will be doing a soft re-grand opening with exciting news to bring to all of you. There will be giveaways, a demo class, drinks and snacks. Please follow our event page for updates and more details! Lets celebrate year 2!

Follow us on social media @barre_unlimited OR visit our website for more info! www.barre_unlimited.com

Private Events

Inquires about private events have been hot lately. Looking for a unique way to bring co-workers, friends, family, bridal parties, birthday parties together? Reserve BU and your favorite barre instructor for a private 50-minute class with time to mingle prior/post class. Pricing as low as \$15/person. Minimum of 8 required to schedule. Please contact the studio for more information at barreunlimitedfwa@gmail.com

Promotions

Starting now until August 5th you can purchase 3 months of unlimited barre for only \$110/month and get your 4th month FREE!

You heard us – buy 3 get ONE FREE!

Memberships must have a cc on file to schedule monthly payments. Months cannot be spread out. (this ends up being only \$90 a month for unlimited barre at BU)

TEACHER/STUDENT DISCOUNT

are you a student or a teacher and looking to continue your fitness journey but on a budget? Take advantage of **\$79/month** for unlimited classes!

New Classes

BU PILATES FUSION

BU meets pilates with Amanda V! Amanda has been teaching pilates for 10+ years. With her exercise science degree, she brings nutrition and wellness to each one of her classes.

In our pilates fusion class you will expect to feel long, lean and strong immediately after! This low impact, but medium intensity class will incorporate our BU BARRE with a pilates fused focus.

Catch our new BU pilates fusion times weekly
Monday at 7:10pm, Tuesday at 4:30pm and Saturdays at 9:15am!

GEN EX BARRE

This barre class is a head to toe workout for anyone and is especially tailored to include modifications and challenges to meet the needs of barre babes 40 years and older!

Attend our Gen Ex Barre weekly **Tuesday 7:10pm, Wednesday 7:10pm, Thursday 7:10pm and Sunday at 1pm**