



tribarre

Instructor Training at **GENESIS HEALTH CLUBS**

TriBarre is offered exclusively at Genesis Health Clubs. The TriBarre program offers a “trilogy” of classes which incorporates three different types of workouts at the barre. As we begin the exciting process of expanding our barre program, Genesis launches the first tribarre instructor training held at the Rock Road Genesis location in Wichita.

TRAINING DETAILS

Training Dates: March 5 & 6

Saturday 8am - 4pm and Sunday 8am - 12pm

Cost: \$125 (GHC Employee's) \$175 (Non-Employee's)

Participants will receive an instructional manual, choreography and outlines for 3 different class formats and a Tribarre Instructor Certificate of Completion.

Registration and Deposit of \$75.00 due by February 19th.

If mailing, please send to the attention of Kelli Harsh, 1551 N. Rock Road Wichita, KS 67206

Please make checks out to Genesis Health Clubs.

ABOUT “BARRE”

Barre class exercises are performed mostly in a standing position at the barre so as to develop better posture, balance and whole body strength. All classes integrate a wide variety of exercises to shape and tone the glutes, thighs and core. Each barre workout will include all movements of the spine; flexion, extension, lateral flexion and rotation. While these classes are very challenging we encourage participants of all levels of fitness to join our barre classes. Once instructors complete the training they will have the knowledge and the tools needed to assist students with any modifications needed.

As in a traditional Pilates format, our tribarre workout is mindful movement with a focus on proper alignment, precision and sound biomechanics. During the 12 hour tribarre instructor training course these skills are reinforced so instructors can make the necessary corrections needed to enhance students learning experience and to maintain a safe yet exhilarating workout.

TRIBARRE CLASS DESCRIPTIONS

Barre FLOW incorporates the beauty and power of ballet like movements using more fluid, graceful, full joint range of motion FLOW exercises to develop better strength and circulation in the hips, knees and shoulder joints. This is a wonderful class for improving flexibility and mobility.

Tribarre TONE introduces the basic movements and exercises used in our barre classes while also using the resistance of the flex bands throughout the hour to build strength and muscle TONE. The TONE workout pairs up moves like plies with lat pulls to maximize muscle action. The focus is on learning the exercises at a slower pace as well as using the flex bands for complete body shaping!

Barre EXTREME will integrate the best of FLOW and TONE. We add the intensity of more complex movements and activity providing a cardio component which makes this barre workout the EXTREME whole body challenge!