



BARRE

W/ Ashley Travis



Schedule:

Mondays & Wednesdays 9:30am

Tues-5 pm / Thurs- 5:30am

10 Class Punch Card - \$150

Drop in Only: \$18

(classes are 50 min)

In each energizing and targeted workout, you'll use the barre and exercise equipment such a mini-balls and small hand weights to sculpt, slim and stretch your entire body.

www.fityogajill.com

214-693-4895