



# 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](http://www.fityogajill.com)

214-693-4895