

BARRE INTENSITY INSTRUCTOR TRAINING

SEPTEMBER 28, 2024

9:00A-7:00P

Wheaton Sport Center
1000 West Prairie Avenue
Wheaton, IL 60187

PROGRAM BENEFITS:

- Continuing Education Credits through ACE, AFAA, ACSM & NASM
- No monthly licensing fees
- No recertification requirements
- Optional class choreography support
- Freedom to use the Barre Intensity name, logo, and class description
- A barre technique that burns the muscles, elevates the heart rate, and uses teaching terms the general public can understand.
- Training manual included
- Lifetime access to complete online training to refer back to at anytime
- Free online trainee bundle for continuing education.



YOU WILL LEARN:

- Proper body alignment
- Body positions
- Structured class outline
- Music and beat matching
- Lecture, partner teaching and class participation
- Class choreography with variations and options
- Intensity options for all exercises
- Tips for smooth transitions
- Cueing
- 40 Core Barre Exercises
- Barre Intensity Principles

\$349 USD

ASK US FOR A DISCOUNT CODE TO
REDEEM \$25 OFF



Click Here to Register
or follow the links below to
learn more.

 info@barreintensity.com

 www.barreintensity.com