



SPINNING® & BARRE

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OVERVIEW

What a dynamic workout combination...Spinning® and barre! Barre, one of the hottest workout trends out there, is a low-impact way to lengthen & strengthen your muscles while working across all three planes of motion. After a high-performance cardio effort on the bike, experience an athletic barre workout using your Spinner® bike as the barre. Discover a sequence of exercises that will help to balance and compliment your work on the bike along with another option in the world of fusion fitness. No barre or dance experience is necessary.

OBJECTIVES

1. Participants will gain understanding of a barre workout.
2. Why Spin® Fusion...attendees be presented with information on creating complimentary and balanced workouts.
3. Provide attendees with a workout experience combining a Spinning® ride followed by a barre class.

SUMMARY

Spin® Fusion helps your client achieve their fitness goals and be their fittest version of themselves. Barre is a natural complement to our cardio on the Spinner® bike. We will review planes of motion, movement in the planes and what exercises are an effective accompaniment to our ride. Experience a total body workout designed to appeal to all levels and abilities.

**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**