This is a unique blend of pilates, yoga and dance training techniques. Technique is broken down into steps that anyone can do, no prior dance experience necessary. Classes are offered, such as Barre Warrior, the signature class, that ramps up the pace to challenge endurance, strength and fitness, adding weights and high-intensity interval training.

Details

- Email: amber@barrewarrior.com
- Phone: 027 227 7338
- Address: Millbook Resort Health & Fitness, 1124 Malaghans Rd Arrowtown 9371

Website

www.barrewarrior.com/