

## Barre For Cardio Junkies

with Lauren George

There's nothing better than working up a good sweat and a good shake at the same time! As barre continues to evolve, participants are looking for the total package in one class. In this workshop, we will dive into how to add meaningful and fun cardio segments to your barre classes. Whether you are looking to throw in cardio to your traditional barre class or want to offer a whole new cardio barre format, you will walk away with a toolbox full of ideas!

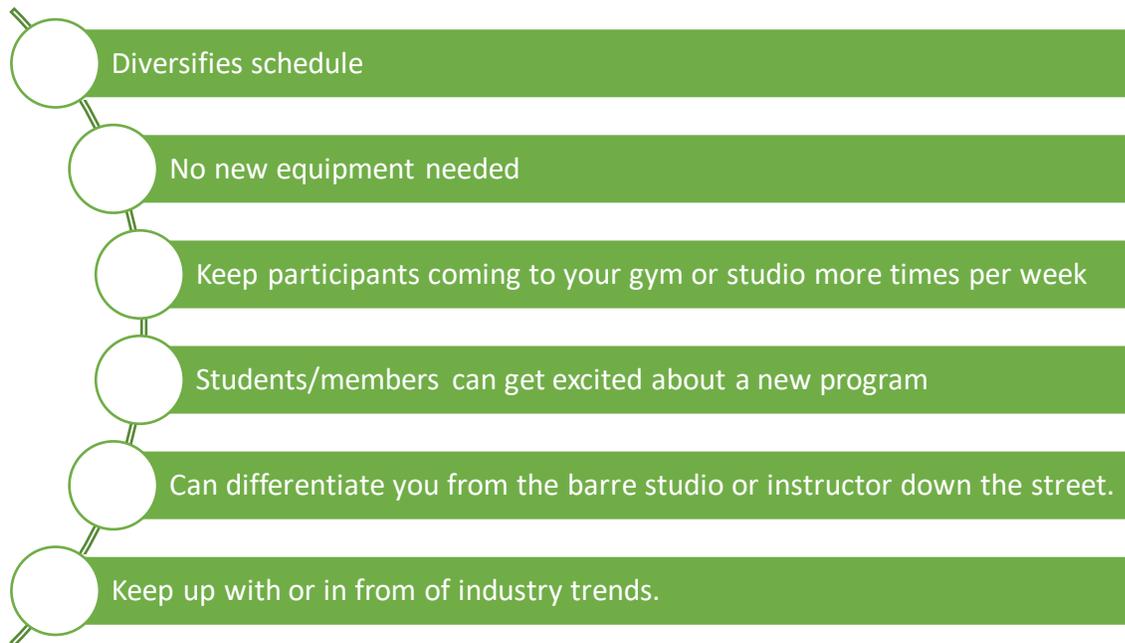
### Objectives:

1. Explore how cardio is trending in the barre industry.
2. Identify the benefits of adding cardio to your barre classes on a regular basis.
3. Learn cardio barre choreography to take your students to breathless and leave them wanting more!

### Why Add Cardio To Your Barre Classes:



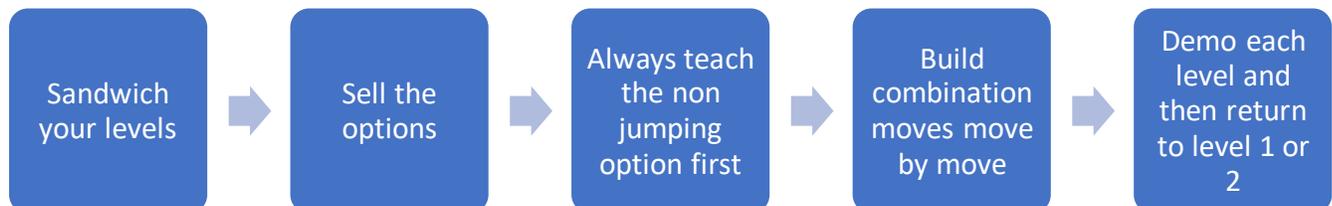
## The Business Perspective:



## Ways to Pump Up the Cardio:

- Full ROM Exercises
- Get Creative – multi-join and combination exercise
- Add plyometrics between sets
- Take less rest time between repetitions
- Change it up – lighter weight higher repetition then higher weight lower repetition
- Take it center floor for more dynamic choreography options

## Keys to Success:



Coach and move around the room

Choreography should be creative not overly complex

Create a playlist that inspires and motivates

Only add a few new moves or combinations per class

## Let's keep in touch!

**Lauren:** [LaurenEGeorge@gmail.com](mailto:LaurenEGeorge@gmail.com)

**Website:** [www.barreabove.com](http://www.barreabove.com)

**Instagram:** [@laurengeorgefitness](https://www.instagram.com/laurengeorgefitness)

[@barreabove](https://www.instagram.com/barreabove)