

the
bootybarre[®]
pilates + dance + yoga = balance



The hottest new barre teacher training course is coming to your area!

The bootybarre is a uniquely high energy group fitness experience, fusing techniques from the worlds of Pilates, dance and yoga.

- Includes:
- choreography DVD and manual
 - 18 hours of practical learning
 - 2 different class formats

PRIMARY INSTRUCTOR TRAINING | MONTREAL, QC

June 6 - 7, 2015

Saturday 09:00 AM - 06:00 PM

Sunday 08:30 AM - 05:30 PM

Dita Pilates Studio

5580 A Sherbrooke St W

Montreal, QC H4A 1W3



For more information and to register, visit: www.thebootybarre.com

www.thebootybarre.com ■ info@thebootybarre.com ■ 626.441.6309