

PRIVATE INTRO TO BAR METHOD



Ready to get physical? Belly up to the bar and discover the hottest total-body fitness trend in Hollywood. Learn how to elongate your muscles, lift your rear, and flatten your abs in a private session with Joey Decker, one of Southern California's top Bar Method trainers. The Bar Method uses a blend of yoga, isometric, and dance moves to lift, shape and sculpt bodies to dancer-like perfection, all in record speed. Feel the burn, enjoy the stretch, and notice the results - in only a matter of weeks!

- Begin with a discussion of the Bar Method and how it relates to your individual needs
- Work through a through a series of exercises and stretches designed to strengthen your core
- Learn proper technique and achieve your best form under the guidance of an industry pro
- Leave with the confidence and ability to apply what you've learned to any Bar Method class
- Take home a commemorative Bar Method t-shirt of your choice

Your Gift Locations*

Palm Springs, CA

Availability

Year round, 7 days a week

Duration

1 hour including 15 minutes of discussion

Essential Information

Minimum age is 14 years old; all participants must complete a waiver (by parent/guardian for those under 18); experience is for all levels of fitness

Numbers

Private experience for 1



*GIFTS ARE REGIONALLY BASED. PLEASE VISIT WWW.EXCITATIONS.COM/REDEEM FOR THE LATEST LOCATION LISTINGS • ED01-07-2630-A