

# Barre, Balance and Core

Barre is our new fitness program for men and women taught at the ballet barre. It includes elements of Pilates, ballet, and functional training. On the floor or on your feet, this barre class is designed to enhance the brain-body connection. Move with intention and in new ways to enhance your balance and endurance. This low impact workout allows you to go at your own pace. You must be able to walk unassisted and get on and off the floor to participate in this class. Care partners are welcome.

Instructor Anita Luck is a Movement Specialist who is passionate about helping people with PD “move for life.” Anita has been sharing her knowledge as a WellnessWorks instructor since 2016.

*Please note that if not enough participants enroll, we may cancel the session. In case of cancellation, all registrants will be entitled to a full refund.*



## **When:**

Mondays, Jan. 6 – Mar. 23  
1:30 – 2:30 PM

## **Where:**

Bodyscapes Gym  
Longwood Medical Area  
77 Avenue Louis Pasteur  
Boston, MA 02115

## **Cost:**

\$150 for 12 sessions

## **Register:**

WellnessWorks@bidmc.harvard.edu  
or 617-667-5215  
Registration required;  
Limited seats available