

2016 FITNESS TRENDS: AT THE BARRE

Popular with celebrities galore and arguably one of THE most instagrammed fitness activities in the world, barre classes offer a wide range of benefits. Low impact but high intensity, these popular workouts help fans create and maintain a lean, toned physique. At [Barreworks](#), instructors include Royal Ballet School trained dancers, so you know you're learning from the very best. Barreworks classes combine elements of many key fitness trends set to hit the big time in 2016. Online classes are also available for those who can't make it to Barreworks' purpose built studio in beautiful Richmond.

2016 TREND: STRETCHING

What is it? We spend so much time stuck behind desks, in cars and trains, immobile for large chunks of the day. But regular hardcore gym workouts will keep your nice and limber right? Wrong! It's vital to incorporate deep stretching into your lifestyle in order to maintain mobility, reduce risk of injury and stay strong.

Do it at the barre: The *Barreworks Fusion WorkOut* is the perfect blend of barre work and deep stretching. A totally unique class, set to high-energy music, it incorporates challenging flow sequences with isometric barre exercises, focusing on held-postures, core strength and flexibility. The class has been specifically designed to help improve muscle tone and develop flexibility, for the optimal balance between muscle strength and length. This 60 minute, complete body workout includes a nurturing relaxation session.

2016 TREND: CHILD'S PLAY AND NOSTALGIA

What is it? By incorporating fitness activities enjoyed by children, some classes can offer both physical benefits and lots of fun. With trampolining, hula hooping and even British Bulldog apparently set to make a comeback, 2016 will see children's fitness activities being enjoyed by fitness fans of all ages.

Do it at the barre: The *Barreworks Ballet WorkOut* class can be enjoyed by all, whether you sported a tutu as a child or you have never danced before. This unique class combines elements of ballet training and athletic conditioning, from basic barre work to strength training and physiotherapy. The music, exercises and movements have all been designed to enhance grace and posture, promote exceptional muscle conditioning and increase definition, flexibility and balance. The 60 minute class is held to a soundtrack of some of the most loved ballet scores in the world.

2016 TREND: BODY WEIGHT TRAINING

What is it? Body weight training uses minimal equipment, encouraging you to use your body itself to provide resistance. Pull ups, push ups and sit ups are good examples but, let's face it, pretty boring after a while. So it's exciting to find a body weight training class that is challenging, fun and gets results!

Do it at the barre: The *Barreworks WorkOut* classes involve dynamic and static movements, isometric holds, core strengthening and luxurious orthopaedic stretching. This fun, fast-paced and deceptively challenging work-out, set to music, improves cardiovascular stamina, toning and sculpting each muscle group by using your body to provide the resistance required. Choose between the classic 60 minute Barreworks WorkOut, 45 minute Express WorkOut perfect for lunchtimes, or a 75 minute WorkOut for devotees.