

DISCOVER YOUR BALLET BODY ONLINE WITH BARREWORKS

There's a reason ballet inspired workouts are so popular with celebrities including Taylor Swift, Rosie Huntington-Whitely and Katie Holmes. Barre based workouts are low impact but high intensity, helping fans create and maintain lean, toned physiques.

Barreworks, based in a beautiful Richmond studio, has amassed a cult following of ballet-fitness fusion fans. With online classes now available, you don't even need to leave the comfort of your own home to discover your ballet body. Visit www.barreworks.co.uk where online classes start from just £4.

Every Barreworks class, whether in studio or online, will work out your entire body. With exercises involving dynamic and static movements, isometric holds and core strengthening, this fun, fast paced workout is deceptively challenging. Here are some key benefits of Barreworks classes:

- Barreworks works out the whole body, lifting bottoms, trimming thighs and defining arms.
- Classes promote increased muscle mass and metabolic rate, burning calories even at rest.
- Lose inches from your waist and add them to your height just by improving your posture.
- No dance or exercise experience required, suitable for any body type or fitness level.
- No jumping around, no pounding heart and no sweating... so no need to shower afterwards!

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Notes to editors

Barreworks Studio, based in London's idyllic celebrity haunt Richmond-upon-Thames, is a dedicated haven of ballet-fitness fusion classes, from the much-famed signature Barre WorkOut, to high-energy adult ballet, barre-inspired running coaching and a unique yoga-influenced barre stretch class.

Founder Vicki Anstey trained in the Lotte Berk Method, the New York City Ballet Workout Method and is a certified Exhale Instructor. Having spent many years teaching and studying barre workouts in the UK and New York, Anstey founded Barreworks in 2010 and has personally trained her team to teach this unique method to its client base of over 1,000 devotees. Classes run throughout the week and full class schedule details are available at www.barreworks.co.uk. In October 2014, Barreworks was announced as joint-commended Most Innovative Business at the Richmond Business Awards.

Press office

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