

Strengthen & Transform Your Body & Mind With Barre3

Written by Christina Silvestri

Wednesday, 03 January 2018 20:02 - Last Updated Wednesday, 03 January 2018 20:30

Make your New Year's resolution to get in shape in 2018 a reality with a workout that's both effective and enjoyable. Introducing Barre3: a low impact, full body workout method that isn't just another barre class. Barre3 is a practice that you can commit to surrounded by a supportive community of like-minded individuals in a judgment-free zone.



Fitness is so much more than making physical changes; it's also about your mental health and spiritual growth along your own personal journey of wellness and self-care. Barre3 North Scottsdale and Paradise Valley owner Karie Johnson looks at fitness holistically, and explains why Barre3 is a game-changing workout for the body and mind backed by an empowering community of expert instructors and inspiring clients.

AFM: What is the Barre3 workout?

KJ: Barre3 mixes athleticism, grace, and the latest innovations designed to balance the body. Barre3 delivers a full body workout using only low-impact movements. With our team of experts—doctors, physical therapists, and anatomy specialists—we developed our signature 3-step sequence to produce a strong and balanced body.



AFM: What makes Barre3 different from any other barre workout?

KJ: Barre3 is for everyone. We don't believe in a one-size-fits-all approach to exercise. Instead, we empower each individual to modify postures and develop body awareness for lasting results. Our signature approach to teaching gives clients a rewarding endorphin high and a deep muscle burn without pain in areas of the body prone to injury.

AFM: How is Barre3 an effective workout?

KJ: Barre3 is a game changer for sure. People come here for an amazing workout, but they stay for the community. It's a safe place where you can come to move your body, but also rejuvenate your mind. When you walk through our studio doors, you'll always be greeted with a smile from a team who is truly invested in YOU. Our clients come from all different backgrounds and stages of life, but when they come to the studio none of that matters, we're all in it together - growing together, moving together and learning together, because together we are better.

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AFM: What are the benefits of Barre3?

KJ:

BODY: Our transformative workouts build toned muscles, increase your metabolism, and help you lose weight. You'll find balance in your body, which will lead to better posture, healthier digestion, and a physique that serves you rather than holds you back. You'll be stronger, stand taller, and feel better all day long. Whatever you like to do—biking, yoga, hiking, running—barre3 will help you do it better.

MIND: Feeling better in your body means more than a smaller waist or stronger arms. Barre3 energizes you and leaves you feeling confident and less stressed. Our workouts create a halo effect; you'll leave class empowered to make healthier choices throughout the day. Physical benefits reap emotional and mental rewards. Put simply: you'll feel good.



AFM: How often would you recommend clients to practice Barre3 to see results?

KJ: 2-3 times per week at a minimum. The more frequently you come the faster you will see results.

AFM: Is there anything else you'd like to add?

KJ: Here are some direct quotes from some of our amazing clients...

- "The workout is not only amazing, but I always know that I am doing things that won't injure my body because barre3 has taken so much time to research how to do things correctly."
- "I love barre3! They have such a positive, clean environment where you can get fit and take a break from the busyness of life. Love it!"
- "I wake up wanting to go to barre3 because I feel more energized throughout my day."
- "The community is amazing. Everyone is so accepting of each other."
- "I love the barre3 philosophy! Having done so many different kinds of workouts over the years, being in an environment where the emphasis is on feeling strong and balanced is so refreshing!"
- "Barre3 has completely changed my motivation and outlook on health and fitness and makes me excited to sweat and shake."

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- "Barre3 has helped me to become a better mom. It has given me more energy, centered my mind, and put me in touch with my breathing."



Barre3 North Scottsdale is located at 15551 N Greenway-Hayden Loop , Suite 120 Scottsdale, AZ 85260

Barre3 Paradise Valley is located at 6107 N. Scottsdale Road #108, The Shops at Hilton Village Scottsdale, AZ 85250

Barre3 also has three other Arizona studio locations, including Tucson, Flagstaff and soon-to-be North Peoria!

For more information, please visit www.barre3.com.