

LADIES NIGHT AT THE BARRE!



WITH
THE DAILEY METHOD[®]

Spend an evening at our barre and you'll not only have fun but you'll feel longer, leaner and stronger too!

24 FRIENDS | ONE HOUR BARRE CLASS | WINE & APPS | SWEAT & SHINE!

Don't be intimidated if you've never tried or don't know much about The Dailey Method. The Dailey Method is a full-body workout that combines ballet barre work, core conditioning, yoga, and orthopedic exercises designed to strengthen, tone, and lengthen the entire body.

Minimum bid per person: _____ Maximum # of people: _____

At The Dailey Method, we're moving you in all sorts of ways—physically, emotionally, mentally. We're doing so not just to push your limits, but to be a part of your journey. Through educated instruction and postural adjustment, The Dailey Method teachers are right by your side, supporting your evolution and guiding your growth.

