

Barre Exercise for Moms



Join Kelsey Snow each for a Barre workout each Wednesday during 2nd Period from 9:45 - 10:45 AM. Barre is an effective total body workout focusing on low-impact, high intensity moves that improve strength, flexibility and mobility. You will leave feeling refreshed and lean after Kelsey leads you through a great workout and a short devotional & prayer.

Drop in fee is \$5.00 each week paid in cash or you can purchase a punch card for multiple weeks.



Kelsey is happily married and has 2 little boys, Jack and Gunner. She has been teaching Barre for almost 4 years. Her passion is for helping Moms feel their best so they can pour into their families. She can't wait to meet you and move with you!

