

# BARRE Above®

## INSTRUCTOR TRAINING

**SATURDAY, FEB 8, 2020**  
**7:30 am - 5:00 pm**

**WINNIPEG, MB**

The Wellness Institute  
1075 Leila Ave



**WITH MASTER TRAINER:**

Kristin Murphy

### BARRE Above®

- Barre Above is a muscular, strength and endurance program fusing the best of Yoga Pilates and Ballet. This is not a dance class!
- Barre Above can be taught with a Barre or Centre Floor
- Barre Above embraces all levels and ages of participants, regardless of their fitness background
- Barre Above is a program for every BODY!

#### You'll Learn How To:

- Create and teach classic barre classes and fusion classes for all types of fitness levels.
- Structure an effective 30, 45, 55, or 60 min. classes.
- Pattern exercise sequences that create strength gains, plus improve cardiovascular fitness, flexibility, endurance, and posture.
- Teach a cohesive class for any type of room set up
- Cue for every type of learner
- Structure a warm-up that elevates core body temperature to optimum training conditions
- Blend fusion choreography to give personality to your class
- Teach in the optimum sequencing for a barre workout
- Incorporate small portable fitness equipment into your Barre formats - Bender Balls, Gliding Discs, Hand Held Weights and Tubing

#### Continuing Education Credits (CECs)

- AFLCA - 8
- BCRPA - 8
- canfitpro - 4 FIS, 4 PTS,
- CFES - 8
- MFC - 5
- SPRA - 6



*Tricia Murphy Madden*

*Barre Above® Co-Creator*

Looking forward to you joining our  
Barre Party!

### COURSE MATERIALS

- Print & Electronic Instructor Manual
- Certificate of Completion
- Instructor Web Account with initial workout choreography & educational videos
- 2 Digital DVD's
- Exclusive Discounts on equipment and apparel

### ADVANCED PRICING

**Earlybird - \$299\* by Monday, Jan 27, 2020**

Regular - \$349\* After Jan 27, 2020

*\*Plus applicable tax*

**No Ongoing Licensing Fees!**

**You'll receive everything you need to  
begin teaching classes the very next day.**

**REGISTER NOW**



[www.FMGonline.ca](http://www.FMGonline.ca)

[Info@FMGonline.ca](mailto:Info@FMGonline.ca)