

# Smith Mountain Lake YMCA beginnerbarre



A dynamic fusion of cardio, yoga, ballet and core conditioning

An all body workout using the classic ballet moves that attack those dreadful problem areas—legs, butt, thighs and arms

***Two classes per week:***

**Monday @ 10am & Friday @ 11am**

***FREE TO MEMBERS!!***

**Non-Members get one free visit per year or a \$10 daily visit.**



Smith Mountain Lake YMCA  
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