



FALL 2020 NEWSLETTER



New Studio: More Space, More Classes, Smoothie Bar & Retail

We are happy to announce we are building a new, much larger studio at Jacaranda Plaza, just a mile north of our existing studio on Tamiami Trail. Early January, or sooner, you'll be able to workout, grab a nutritious drink from our smoothie bar, shop for fashionable, high-quality exercise clothes, and then hit up the grocery and other retailers, such as Burlington Coat Factory, now under construction. Stay tuned for updates!

NEW: Couple's Yoga and 'Pod' Classes



Barre, Yoga, TRX or Fusion Class

Options include: Weekdays, 6a, 11a-3p, 7p
Weekends, 7a, 11a-6p.

ONLY \$80 (up to 8 people; 7 for TRX)

Enjoy a healthy, stress-free workout with your 'Pod' or family. We design each class so everyone can work at their own fitness level. Our private classes are perfect for home or virtual-schooled children, busy couples and friends because you can schedule a time that 'works out' for you. Enjoy a private, sanitized studio with your masked instructor! We have an air purification system and socially-distanced stations set up, making our private classes a great option for friends or coworkers. Call or text to schedule, 941-786-5955.

[LEARN MORE ABOUT PERSONAL TRAINING](#)

POP-UP CLASS:

Go 'DEEP' with New, Slower-Paced Buti Yoga Class

Buti DEEP (Addie)

9:45a Friday, September 18. LIMITED SPACE

Masterful and intentional, DEEP is a restorative movement to connect mind to muscle and catalyze vibrational changes on a cellular level. Unlike other Buti

formats, DEEP is low-impact and focuses on micro-movements to connect the brain to innervated muscle and restructure the deep core. The class includes pressure-point activation to release muscles during deep restorative asanas.

[EXPERIENCE DEEP](#)

Night Moves: Wednesday Evening Yoga is Back!

6p, Wednesdays (Mary Deroo) Begins Sept. 30

Strengthen your body with powerful poses and center your mind in a meditative setting. We guide you through easy to follow flows aimed at stretching and strengthening your body. We finish with a relaxing, meditative sequence on the mat that will leave you relaxed and restored. 55 min. [BOOK CLASS](#)

Workouts with all the (Kettle) Bells and Whistles



You may have noticed all the strength training moves we've built into our classes, and here's why: Strength training such as pushups, kettlebell swings and dumbbell presses boosts your musculoskeletal system, helping you maintain bone density and support for your knees, ankles, shoulders and back. Strength training also reduces the risk of diabetes and

heart disease. A 2017 study of 35,000 women found that resistance training reduced the risks of Type 2 diabetes by 30 percent and cardiovascular disease – including heart attacks and strokes – by 17 percent.

Those are impressive numbers. So keep pushing, pulling and powering through your workouts. You're not only building a lean, muscular physique, you are doing wonders for your entire body.

BODYBYBARRE.ME 941-786-5955