



A New Year Brings New Ways to Get Fit

A Message from Dave & Kim



As the challenging year that was 2020 comes to a close, we are grateful and inspired beyond words by our extraordinary clients and instructors.

We are excited about what the new year will bring, starting with our move in several weeks into our new studio at Jacaranda Plaza, which will double the size of our main workout room, provide a multitude of new amenities including expanded personal and small-group training, a juice bar and abundant parking.

Soon you will be able to chart your progress like never before with our new InBody 270 body composition analysis. (See below) In less than 15 seconds, you will receive printed results for laser-measured height, skeletal muscle mass, body-fat percentage, basal metabolic rate and more.

Through January, anyone who signs up for our annual unlimited membership (\$129/month) will receive a comprehensive body measurement analysis every month. That's a savings of \$300!

Make sure to join us for [New Year's classes](#) and to sign up for our Happy New You Challenge beginning Monday, Jan 11.

Those are just a few of the wonderful things our staff has in store for you to help make 2021 your best year.

Join Now with Free Body Composition

Ditch the Scale and Track Your Health with Inbody

Most people use a bathroom scale to track their weight. But a scale only gives you a number.

Your weight is made up of muscle, fat, and water. The key to effective weight loss is losing excess body fat, not overall body

weight. That's why body composition analysis is key. Our new Inbody will give you detailed information including the following:

- Muscle mass
- Percent body fat
- Body fat mass
- Basal metabolic rate and more!

Take your InBody Test every 2 to 4 weeks to continuously monitor and improve your progress.

For a limited time: Become a member and receive monthly scans for a year. Offer expires Jan. 31.



[Request Personal Training](#)

Schedule Success with a Personal Trainer

One of the best ways to take your fitness to a new level is working with one of our certified personal trainers, who will design programs specific to your goals and capabilities, at a time that fits your schedule. We help couples, student athletes and adults of all ages.

Working with a personal trainer will also improve your form and technique, allowing you to get more from our classes.

Sign up for six personal training sessions in January and you will receive a comprehensive body assessment at the start and completion of your training program, a \$50 savings.

Happenings

New Year, New Fitness Challenge

Our fitness challenges are a great way to jumpstart your fitness and have fun doing it! Plus you can win prizes and a signature BodybyBarre Fitness tank.

Here's how it works: Sign up at the studio

BODY BY BARRE FITNESS PRESENTS THE

HAPPY NEW YOU CHALLENGE!



JANUARY 11 - FEBRUARY 1
15 CLASSES IN 21 DAYS

EARN PRIZES AND A HEALTHY BODY!
FREE AFTER PURCHASING CLASSES



or click on the link below and pledge to complete 15 classes in 21 days. You'll earn a star for each class to post on our challenge board. Sounds silly, but those stars are a great motivator!

The Challenge is free to join, you just [purchase classes.](#)

The best deal is to become a [BodybyBarre member for \\$129/month](#) with unlimited classes and the ability to book months in advance. Or, you may purchase a one-month pass for \$150.

Visit our website