



barre8 combines the conditioning found in dance technique, the strength of Pilates and the balance of yoga.

barre8 is an effective series of movements that creates an incredible experience and leaves you feeling lengthened, toned and energized...in 55 min!

**\*\*Classes begin May 24th!\*\***

#### Schedule

Tuesday/Thursday	Wednesday
9:00 am & 11:00 am	10:00 am

**Drop-ins welcome, but space is limited...email [info@barre8.com](mailto:info@barre8.com) or call 916.838.6835 to reserve your spot!**

Classes will be featured at Dance Elite All Stars 2610 Sunset Boulevard, Rocklin

erin salvetti - creator

A former professional dancer in the NFL for the San Diego Charger Girls, Erin's passion for health and dance have always been the focal point in her life. A certified group exercise instructor since 1999, she continues to teach and practice dance, yoga and Pilates. Currently, Erin teaches at Dance Elite All Stars in Rocklin and continues to choreograph routines for the San Diego Charger Girls.

When developing Barre8, Erin's passion for dance, health and teaching were infused to create a fun, powerful workout that she is excited to share!

