

CARDIO BARRE

TEACHER TRAINING



PROGRAM LENGTH

3 weeks

INVESTMENT

\$750

LOCATION

Johnston

WEEKEND DATES

Saturdays and Sundays: April 8-9, 23 (9am-5pm)

EVENING DATES

Mondays and Wednesdays: April 12-24 (6:30-10pm)

- *Space is limited and therefore requires a non-refundable deposit at sign-up.*
- *Payment plans available.*
- *Unlimited classes during training.*

For more information or to sign up, contact Abby at abby@powerlifeyoga.com.

Cardio Barre Teacher Training is a great program for anyone who wants to deepen an existing practice or learn to teach a Barre class. The training begins with a weekend intensive followed by evening training sessions once a week and an additional weekend day. Our team will lead you through all of the components of this fun exercise program - including how to build a Barre sequence, strength training principles, anatomy, theming, safety and more.

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