

# BARRE Above®

## INSTRUCTOR TRAINING

**SUNDAY, APR 22/18**  
**8:00 AM - 5:30 PM**

**KITIMAT, BC**

Riverlodge Recreation Centre  
654 Columbia St  
Kitimat, BC V8C 1V5



**WITH MASTER TRAINER:**  
Rhona Parsons

### BARRE Above®

- Barre Above is a muscular, strength and endurance program fusing the best of Yoga Pilates and Ballet. This is not a dance class!
- Barre Above embraces all levels and ages of participants, regardless of their fitness background
- Barre Above is a program for ever BODY!

#### You'll Learn How To:

- Create and teach classic barre classes and fusion classes for all types of fitness levels.
- Structure an effective 30, 45, 55, or 60 min. classes.
- Pattern exercise sequences that create strength gains, plus improve cardiovascular fitness, flexibility, endurance, and posture.
- Teach a cohesive class for any type of room set up
- Cue for every type of learner
- Structure a warm-up that elevates core body temperature to optimum training conditions
- Blend fusion choreography to give personality to your class
- Teach in the optimum sequencing for a barre workout
- How to structure an effective Barre workout - with or without a Barre!
- Incorporate small portable fitness equipment into your Barre formats - Bender Balls, Gliding Discs, Hand Held Weights and Tubing

#### Continuing Education Credits (CECs)

- AFLCA - 8
- canfitpro - 4 FIS, 4 PTS,
- CSEP 8(G)
- SPRA - 6
- BCRPA, CFES & MFC coming soon



*Tricia Murphy Madden*

*Barre Above® Co-Creator*

Looking forward to you joining our  
Barre Party!

### COURSE MATERIALS

- Print & Electronic Instructor Manual
- Certificate of Completion
- Instructor Web Account with initial workout choreography & educational videos
- 2 DVD's together with digital versions
- Discounts on equipment and apparel
- Barre Above Tote Bag

### ADVANCED PRICING

**Best Price Earlybird 1 - \$299\* by March 16/18**

Earlybird 2 - \$329\* by April 6/18

Regular - \$349\* after April 6/18

\*Plus applicable tax

**You'll receive everything you need  
to begin teaching classes the very  
next day.**

**REGISTER NOW**



[www.FMGonline.ca](http://www.FMGonline.ca)

[Info@FMGonline.ca](mailto:Info@FMGonline.ca)