The Movement Barre is a boutique studio In Castle Hill, Sydney. We offer Pilates mat and barre classes for adults of any age, who are seeking a stronger, leaner dancer –like physique.

**Barre classes:**

Our Barre classes are a 50 minute fusion of Pilates, dance and total body strengthening through the use of the ballet barre, light hand weights, pilates balls and body weight.

We move to the latest upbeat pop style music, making it fun and easy to forget that you are working out! Best of all, you do not need to be a dancer or have any kind of dance experience to join in. If you love moving to music then this class is just right for you.

**Pilates Mat classes:**

***Pilates is a body-conditioning program designed to teach efficient movement patterns and provide general well-being using controlled exercises and deliberate breathing patterns.***

Our Pilates mat classes consist of a 50 minute routine based on Joseph Pilates matwork exercises that include props such as therabands, balls, foam rollers, light weights and a barre to challenge balance and lower body strength and stability.

Pilates offers benefits such as improvement in:

* Core strength,
* Body tone,
* Flexibility,
* Posture,
* Efficient movement, and
* Mind/Body connection.

***All of our classes have a maximum of 8 participants, so reserve your space today!***