

# ***BODY BARRE class!***

*with Wendy Lee Fitness @ Benheim Western Greenwich Civic Center*

**Body Barre is a total body workout that lifts your seat, tones your thighs and burns fat in record time. Using the ballet barre to perform small isometric movements, it has proven to be a fast and effective way to change your body. Each strength section is followed by stretching to create long lean muscles without bulk. The workout requires intense focus that allows you to block out “life” for an hour. The class consists of approx 40 minutes of Barre followed by weight and core work. Cost is \$15.00 a class.**

***Class is held every Friday from 5:00-6:00 pm!***



Wendy has been teaching body conditioning for all ages throughout Fairfield and Westchester County. Group fitness is her passion. She loves to dance, workout, and have a good time while doing it! She seeks to motivate each person to bring his or her best to the class and to work toward their potential. The goal is for each person to see improvement by continuing to move, get stronger and stay motivated. But by far, the most important muscle Wendy wants to see working in any of her classes is your smile. If we aren't smiling and enjoying our workout, then she failed in one of her most important goals. Hope to see you soon!  
**Classes held at: Benheim Western Greenwich Civic Ctr, 449 Pemberwick Rd, Greenwich**

Wendy Lee Rosa  
203.496.1857  
wendyleefitness.net

Instructor: Zumba Fitness\*,  
Aqua Zumba\*, Zumba Gold\*,  
Zumbatomic\*, Body Sculpt, Cardio Sculpt  
Body Barre, Silver Sneakers, Fit For Life, Seniorcize  
Certified: AFFA, Kickboxing, C.P.R. and A.E.D