

Full Schedule

<p>Friday Nov 6</p>	<p>8a - 9a Triple R Barre</p>  <p>Kelsey Clark</p>	<p>10a - 11a Get Aligned</p>  <p>Suzanne Bowen</p>	<p>12p - 1p {Panel Discussion} Nourish, Not Punish: Holistic Strategies for Life-Giving Fitness & Nutrition</p>	<p>2p - 3p But What if it Hurts?</p>  <p>Abbie O'Neal</p>	<p>4p - 5p Flexible Power</p>  <p>Lori Winter</p>
<p>Saturday Nov 7</p>	<p>8a - 9a Scalable Tabata Barre</p>  <p>Abbie O'Neal</p>	<p>10a - 11a How Stress Hijacks our Healthy Intentions</p>  <p>Emily Ames</p>	<p>12p - 1p {Panel Discussion} Untuck It: Why a Neutral Spine at the Barre & Beyond</p>	<p>2p - 3p Twist & Resist</p>  <p>Laura Escott</p>	<p>4p - 5p Myofascial Bliss Out</p>  <p>Lori Winter</p>
<p>Sunday Nov 8</p>	<p>8a - 9a Baby Got Back</p>  <p>Deborah Mullner</p>	<p>10a - 11a Safe Core Pre & Post Baby</p>  <p>Abbie O'Neal</p>	<p>12p - 1p {Panel Discussion} Barre Certified by BarreAmped®:Your Questions Answered</p>	<p>2p - 3p Fireball Barre</p>  <p>Lori Winter</p>	<p>4p - 5p Relaxation Stretch & Meditation</p>  <p>Suzanne Bowen</p>

Day 1: Session Descriptions



Triple R Barre

Revitalize, Recharge, and Renew! This class is a complete mind-body-soul movement experience. Beginning with a gentle moving meditation, we will progress to barre choreography coupled with breath and use the breath as a bridge to connect the body and mind. We will conclude with a deep stretch for the body and a meditation to clear the mind and open the soul. Join us to REVITALIZE your body, RECHARGE your mind, and RENEW the energy of your heart and soul.



Get Aligned!

Straight from BarreAmped® founder & creator, set your intention for the weekend and pinpoint common form & alignment mistakes that could be keeping you from a safer and more effective workout. From posture to breathing techniques to foot placement and more, these tips will fine-tune your movement practice and help you translate barre to real life.



But What if it Hurts?

A movement-based workshop that explores common limitations or concerns. Learn why your knees or wrists may hurt in certain postures, why your hip mobility may vary from day to day, or how to safely ease back into barre workouts after certain surgeries. Troubleshoot and explore different modifications and variations to help you get the most out of your movement practice.



Flexible Power

Flow with your breath, build power and heat, then deeply relax. Active, strength-based barre exercises flow seamlessly into dynamic stretches in this fluid full-body barre class. Then turn the lights low to stretch and get centered.

Day 2: Session Descriptions



Scalable Tabata Barre

Get ready to sweat! This Tabata Barre workout guides you through alignment-based barre moves with options to jump/hop your way through cardio or keep your feet connected to the ground. Scale your own workout!



How Stress Hijacks our Healthy Intentions

Stress is sneaky! Let's discuss how to recognize the stress we put on ourselves & how it can hijack our food choices, cravings, weight, and the pressure to be perfect. We will discuss the root of stress eating & cravings (hint... it's not actually about the food!), stress around our weight, how we typically deal with emotions, and how we can release stress in a healthy way. Guided EFT sessions give you practical takeaway tools.



Twist & Resist

With a glorious mix of Pilates-inspired barre moves, explore spine twists and rotations, both with a resistance band and without. This barre workout will leave you feeling taller, stronger, and more balanced.



Myofascial Bliss Out

Grab a tennis ball and roll out your mat for a juicy guided myofascial release. Spend 60 glorious minutes treating your body. Release muscular tension, mobilize sticky joints, and feel the difference in before and after movements.

Day 3: Session Descriptions



Baby Got Back

Throw it back in this classic barre workout with a focus on the back body - posterior chain, hips, & glutes - all set to a banging 90s playlist.



Safe Core Pre & Post Baby

Baby on board? Learn some new safe ways to work the front/side/back core during and after pregnancy, including those with diastasis concerns.



Fireball Barre

Shake. Burn. Change! Using a small squishy ball, light hand weights, and compound barre moves, we'll fire up the entire body. A dash of well-placed cardio will lift the heart rate and work up a sweat. This is an intermediate / advanced level workout. Expect bigger movements, challenging postures, and dynamic stretches.



Relaxation Stretch & Meditation

Wrap up the weekend with a mindful moving meditation filled with reminders about your true identity and worth. Find peace, release, and hope through this relaxing guided stretch session.

Presenters



Suzanne Bowen

With years of experience and study to her name, Suzanne Bowen is the founder and creator of the cutting-edge and highly successful BarreAmped fitness method. Classically trained over 15 years ago at the prestigious Lotte Berk Method in NYC, America's first barre studio, Suzanne's roots are found in the original expression of barre in the U.S. BarreAmped is a fresh interpretation of a classic with a focus on precise form and alignment with a neutral spine. Students flock to Suzanne because of her encouraging, no-nonsense, straightforward teaching approach that provides targeted and overall results while guiding people to be the best they can be.



Lori Winter

Movement is life. It's from this foundation that Lori both teaches and practices — whether in her role as a BarreAmped® Training Director, on her mat as a student, or barefoot in her backyard. Beginning her BarreAmped® journey as a student of Suzanne Bowen's, Lori continued to seek out training in the method. In 2011 she was certified in all levels and added BarreAmped® Teacher Trainer the next year. Having grown up in gymnastics and dance classes, and earning a Bachelor's degree in Communications (Broadcasting & Theatre), teaching this mind-body fitness method was a natural fit. She stepped into the role of Director of Operations in July 2017. Lori is an AFAA Certified Group Fitness Instructor and holds certifications in Cube Care™ and YogaFit®.



Abbie O'Neal

As an athlete growing up with a bodybuilder father, Abbie assumed that her interest in fitness would lead her to become a personal trainer. But, after trying her first BarreAmped® class in 2013, she immediately fell in love with the method. In 2016, she earned her first certification with BarreAmped® and within the next year and half had progressed through the program and became a Teacher Trainer. Abbie values BarreAmped®'s attention to form and alignment. It's what prompted her to pursue further education in prenatal and postnatal care with a focus on pelvic floor health. She is working to bring awareness and hope to women with pelvic floor issues.



Laura Escott

Laura is passionate about teaching and inspiring others. She trained under Suzanne Bowen in the BarreAmped® method in 2011 to become an instructor. Instantly falling in love with the method, she became a Teacher Trainer the next year. She is comprehensively certified in Pilates through Core Dynamics and is recognized as a PMA certified instructor. Since 2005, she has held a Personal Trainer Certification through NASM. Laura enjoys sharing her passion for merging fitness with a mind-body connection and is always looking for new ways to learn and grow.



Emily Ames

The founder of tohealthwithit.com, Emily teaches women about mindful eating, cravings, & self-care. She is an educator about non-toxic living and a Beautycounter Consultant. She is also a Certified Functional Nutritional Therapy Practitioner and a Mental Health and Addiction Recovery Coach. In addition, she is currently getting certified as a Life & Success Coach, and in the Emotional Freedom Technique (EFT) & Neurolinguistic Programming (NLP). She is a graduate of Gettysburg College.



Deborah Mullner

Deborah has been practicing Suzanne Bowen's method for over seven years and became Barre Certified by BarreAmped® in 2017. As a Registered Nurse with a specialty in orthopedics, she is passionate about movement and all things health & fitness related. Her goal is to encourage others to become the best versions of themselves!



Kelsey Clark

Kelsey's long time love of yoga movement led her to BarreAmped®, which she has practiced for six years and taught for four. As a gentle yoga and restorative yoga specialist, she loves to blend her knowledge of yoga, barre, and meditation to provide clients with a movement experience that touches their body, mind, and soul. Having overcome 20 years of using exercise and dieting to punish her body, her focus is now on movement that centers around self-love and celebrating women's bodies just as they are.