

BARRE CONCEPT 'THE TRENDY ONE'

Where: St Pierre Park/Arts Centre

Who: Sinead Wheadon

Duration: 60 mins

The concept: The Barre Concept incorporates pilates, ballet, yoga and sports conditioning to form a low-impact workout which stretches and sculpts the muscles, whilst burning fat.

Small isometric contractions are integrated with an interval training approach that burns fat and improves cardiovascular fitness.

It's a total body workout which promises to lift your butt, tone thighs, flatten abs and sculpt arms, all whilst protecting your joints. The result is a body that is realigned, rebalanced and works harmoniously and efficiently.

What we thought: Don't be intimidated if you weren't a prima ballerina in a past life, although some knowledge of French or ballet jargon might be useful. The use of the barre brings a new element into your workout which can be enjoyed even by the non-flexible. Believe me. At first attempt the very small movements used in this workout can leave you questioning its benefits, after 10 minutes your thighs are deeply aware that isometric contractions work.

Sinead is a great teacher and perfect advertisement for the benefits of the class with her beautifully sculpted physique. She does a great job talking you through the workout, with its large variety of dynamic movements from downward dogs one moment to bicep curls the next. Beware though: she'll spring another eight repeats on you just as you feel like your legs are about to collapse.

Best for: Those who want something different, with some low-impact sculpting and toning thrown in for good measure.

What does this class say about you?
You like Lulu Lemon sportswear and have a very perky butt.

Price: £12

www.barre-elements.co.uk

