

the bender
BARRE
 A "Barre None" Approach to Barre Training
 BY LESLEE BENDER
 method

BARRE WITH AN ATHLETIC TWIST

OTTAWA, ON
 SUNDAY, NOV 1, 2015, 8:30 am—5:00 pm
 Ottawa Athletic Club
 2525 Lancaster Rd, Ottawa, ON

With Dylan Harries—Bender Method Master Trainer



We've Got Your Barre Covered!

- B**alance
- A**lignment
- R**estore Posture
- R**edefine & Tone
- E**ndurance
- S**tabilize
- T**hen
- M**obilize

= **The Bender Barre Method!**



Barre with an Athletic Twist is a "Barre None" approach to the popular Ballet Barre formats infusing ballet, yoga, pilates and strength conditioning. You will learn not only the traditional Ballet Barre version of the exercises, but also an athletic modification for the same exercise—making this program adaptable for ALL of your clients!

This session introduces the trainer on how to successfully teach a basic Barre format *without the use of a barre!*

No dance experience—no worries! One can obtain all the Barre benefits utilizing portable tools such as the Bender Ball, Gliding Discs and Dyna-Bands.

Bender Barre is a athletic workout that develops the lean body of a dancer while one builds strength like an athlete. Barre workouts are a total body workout that will reshape your body.

Each attendee will walk away understanding the true purpose of each exercise and how to implement a program that is adaptable for ALL levels of fitness in a group and/or one-on-one setting!

CEC's: CanFitPro—4 FIS, 4 PTS, AFLCA—8, CSEP 8(G), SPRA—6, BCRPA—8

Earlybird Registration is \$199 and includes:

Bender Ball, Pair of Gliding Discs, Dyna-Band Resistance Band, Barre Core DVD, Fully Illustrated coil bound manual, Storage Tote Bag, CEC's & Certificate of Completion.

**Group Rate Available for Groups of 4 or more!
 View the website for more info on Group Rates**



Dylan Harries {B. Rec., B.Sc. (HK), C.A.T}
 Dylan is an International Presenter known for inspiring fitness leaders with passion, high energy, technique and creativity. With 22 years of fitness experience, Dylan is the General Manager of the Carlingwood Y Branch and the Regional Director of Membership & Sales for the National Capital Region YMCA-YWCA in Ottawa, On. In his spare time, he is a renowned athletic trainer and performance coach to world level figure skaters. He is Can Fit Pro, CALA, YMCA, Spinning, SPI, Gym-Stick, Bosu, Bender Ball, HydroRider, TRX and NCCP (2) certified.



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