

## **MORE ABOUT SARA**

### **How did you find Core et' Barre?**

When I moved here in April last year I was recommended to try formé by a friend of mine that had been coming to the studio for a while. It was a completely new type of work out that I had not seen before back home in Sweden, so I thought it seemed interesting, fun and worth a try.

### **What do you love the most about the studio?**

The studio is small with a personal touch and a friendly ambience, it is nicely decorated, always clean and well taken care of. I always feel welcome when walking in the door, and it is a place I enjoy coming back to!

### **What you love the most about the instructors**

The instructors are all very good at what they do, they know a lot about the type of exercises that we do during class, how to make sure all are doing them right, how to avoid injuries etc. They are all very friendly and welcoming and were really good and helpful when I first started last year in April.

### **What do you love the most about the workout?**

Not one class is exactly the same, so you always get a good variety of exercises in each class. The music is great and very motivating and the group that goes to most of the classes I attend are all very nice and friendly.

### **How did Core et' Barre help you get ready for your wedding day?**

The work out at Core et Barre definitely helped me get in shape for my wedding in February. Thanks to the different exercises we do during class my body is now much more toned and shaped the way I want it. I am probably in the best shape of my life right now, which also shows in my wedding photos!





