

Benefits of Ballet Barre Pilates

Ballet Barre Pilates classes infuse fast paced current music with intervals of strengthening and lengthening exercises. The goal of is to flatten your stomach, tone your arms, lift your bottom, and shape your thighs. The ballet barre is used as a prop to balance as you tone. This helps you develop dense, elongated muscles and burn body fat. The focus on strengthening core muscles and can greatly improve posture. Although challenging, this workout is fun! Each time the movements are performed, you build endurance and strength to be able to take yourself to the next level. This trendy class, popular among celebrities in NY and LA, gives you a dancer like body using ballet barre exercises. Get a firmer core and lengthen muscles all together. There are many amazing benefits to taking this class.

1. Easy on joints

Small and controlled movements reduce pressure on joints, tendons, ligaments and vertebrae. Also with regular practice of barre class, you will notice a noticeable improvement in your core strength and posture. A better awareness and tighter core will also help keep you safe from injuries.

2. No experience needed

Instructors recognize that everyone has different fitness backgrounds and fitness goals. Don't worry about not having any dance experience, instructors will guide you through the movements and offer you helpful feedback. Each person can be challenged by working out at their own pace. Instructors often offer different options for the same exercise. You choose which option or pace will benefit you best. Many students are actually surprised at how easy it is to pick up the repetitive movements.

3. Full body workout

Barre classes are truly a full body workout. You are likely to feel very satisfyingly exhausted after class. You'll feel toned, strengthened, elongated, and invigorated. Those little core muscles will be activated and you will start to discover an overall more toned .

4. Isometric movements

Small movements, many repetitions, intentional squeezes and pulses (otherwise known as isometric moves) are designed to focus on certain muscles. Along with balancing exercises, the smaller core muscles have to work harder too.

5. Modifications

Students can limit or expand their range of motion to suit their specific fitness needs. Instructors are encouraged to show needed modifications whether you're a beginner, have an injury, or need more of a challenge.

6. Improved flexibility

Most barre exercises are followed by lengthening stretches to keep muscles long and toned. Sometimes people are flexible lacking strength , or strong lacking flexibility. To create long lean muscles, strength with flexibility is necessary. This encourages you to enjoy a longer and more active life with less injuries.

7. Always fun

Time goes by quickly in barre class due to the fast paced movements, variety of exercises, upbeat music, ever-changing choreography, and motivating instructors. It's never the same class twice!

8. Lost weight and burn calories

Many exercises focus on the large muscle groups in the body, including the thighs and glutes. The larger the muscle is, the more calories are burned. You will build more tight and lean muscle mass and raise your resting metabolic rate, helping you to burn more calories. Even more important than actual weight loss, barre classes will help your body composition, making you feel and appear longer and leaner. Also, combining barre workouts with a healthy diet will help you achieve even better results.

9. Increased endurance

Barre classes target core muscle groups that are often overseen in conventional work outs. With regular attendance of barre classes, your daily activities may be done with more ease. For instance, skiers and snowboarders may notice better knee alignment, enhanced balance and greater quad and hamstring strength. Golfers and tennis players may feel greater hip range of motion and movement, helping to create a better swing. Runners and bicycle riders may have increased endurance, more speed, and reduced impact on knee and ankle joints.

10. Quick results

If you attend a barre workout 2-3 times a week, you will most likely notice changes in as little as a month. This includes an improved posture awareness, thinner and toned thighs, stronger and leaner arms, flatter abdominals, and a lifted and firm bottom. Overall, barre classes are amazingly effective at transforming and targeting specific areas.