

## Celebrities Love Ballet Barre Pilates

The success of the movie, *Black Swan*, only added to the popularity of ballet-inspired barre classes. For many years, celebrities have bragged about the workouts' abilities to sculpt long and lean physiques, including Kelly Ripa, Jennifer Aniston, and Madonna. You will find barre inspired classes all over the place in popular big cities like L.A or N.Y.

So why are barre workouts so popular among celebrities? If you are staying on top of exercise trends, then you know that ballet inspired workouts, which are designed to give you a long and lean dancer-like physique, are all the rage these days. The main reason is the super quick results. Most barre enthusiasts rave about the awesome and unique physical benefits of this very trendy workout. With consistency, celebrities find that their bodies become slimmer and more toned. They tone every single muscle, without building bulk. It's often referred to as the "ballet booty workout" because after a few workouts, you can definitely feel the tone in that area. Others simply get addicted to the fun dance inspired workouts set to great music and challenging moves.

Almost all of the exercises use balance, which means your core will always be activated to support your body during almost every exercise. Many of the exercises use the principles of yoga and Pilates which have you hold a position for an extended amount of time. This helps the muscles elongate through full extension while also improving their strength and endurance. Barre classes teach you how to isolate specific muscles and use them for sustained periods of time. These awesome exercises target smaller, usually overlooked muscles that now need to work extra hard to hold their balancing position for a long time. By doing this, you are pushing your muscles to their strength and endurance limits. You are not just strengthening and elongating your muscles to create a dancer like physique, but you are also stretching those muscles out. This is why most barre, yoga and Pilates enthusiasts have such great posture.

Boost your metabolism! Multiple muscle groups are used for every exercise, with no rest in between each movement. So, your heart rate will remain elevated and more of your muscle's fibers will be working. You can expect to burn calories even long after your workout is done because your metabolism is boosted.

A typical studio is often a large open space with mirrors and ballet barres. Similar to yoga and Pilates classes, you usually don't wear shoes or socks while doing this workout. Most classes typically use resistance balls and bands, weights, and a yoga strap. Most barre classes are appropriate for students with a variety of fitness levels. Trained instructors know how to show modifications to students when necessary. Of course, no prior dance experience is required to benefit from a barre program. It's fun to work out like a ballet dancer though! You will enjoy feeling stronger, more flexible, more coordinated, and more like a toned dancer with every class!