



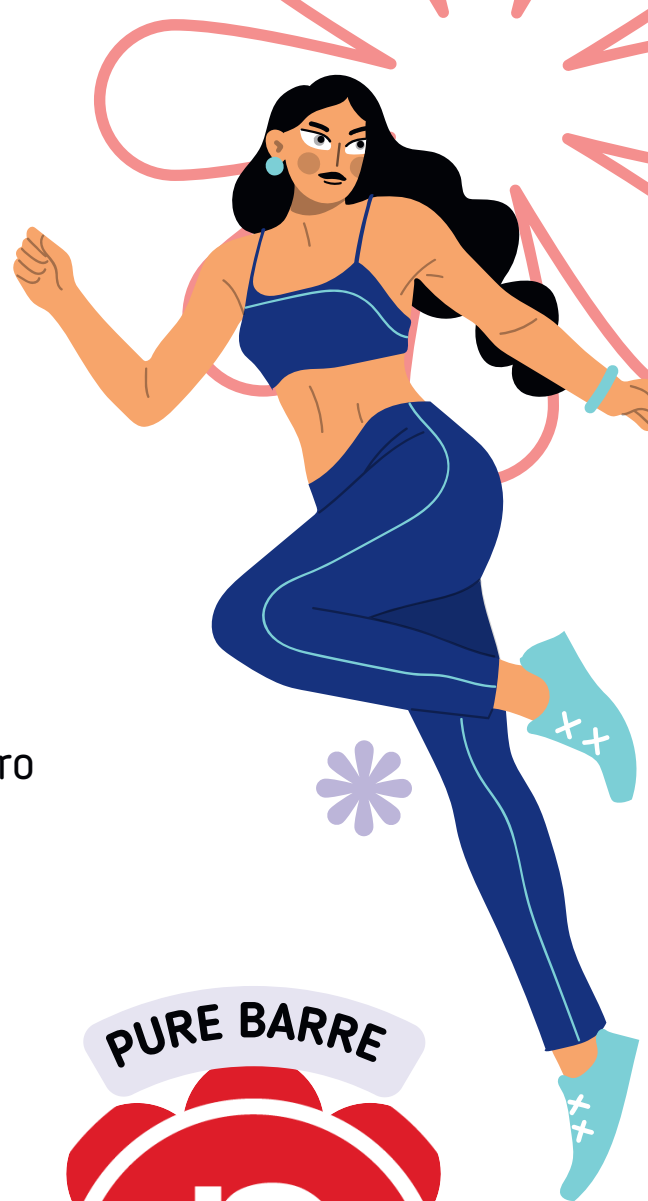
WELLNESS ON MELROSE

Barre Class

Join Pure Barre Roanoke for a **FREE** intro barre class! Flexibility, Toning, Strength, and Endurance all in 30 minutes!

**11:30AM September 26th
in the Large Fitness Room**

SCAN THE QR CODE TO REGISTER IN
ADVANCE



WHAT TO BRING:

1. Yoga Mat or Large Towel
2. Water
3. A Friend
4. Wear Leggings and a comfortable workout top, sticky socks, bare feet or sneakers

