

# Master barre class and stretching workshops

benefiting  
Rutgers Quidditch

## Master barre class and stretching workshop

Every Sunday in April

800-930 am

JuliaCore barre studio  
19 Hawthorne Ave  
Park Ridge, NJ

[www.juliacore.com](http://www.juliacore.com)

This workshop will take you through a full barre class with extra time and emphasis on alignment and stretching.

We will work with weights, exercise bands, and exercise balls in a safe, supportive environment.

Class fee \$40  
**ALL PROCEEDS  
BENEFIT THE RUTGERS  
UNIVERSITY QUIDDITCH  
TEAM AND ARE TAX  
DEDUCTIBLE**

Space is limited.

Advance registration  
required.

Sign up:

- at the studio
- call studio 646-481-CORE (2673)
- [julia@juliacore.com](mailto:julia@juliacore.com)
- [www.facebook.com/juliacorebarrestudio](https://www.facebook.com/juliacorebarrestudio)
- [www.instagram.com/juliacorebarrestudio](https://www.instagram.com/juliacorebarrestudio)