



November News At The Barre

New November

Gather Together!

Gratitude

We are thrilled to continue to grow & evolve together!
Special thanks to our wonderful dedicated clients & new clients that
are discovering just how amazing our community is!
Let's continue to grow & gather together at the barre!



grateful
♡



Happy “Planksgiving”

ON THANKSGIVING DAY
JOIN LAURA FOR A CLASS
FILLED WITH GRATITUDE!

Start your turkey day off with Laura
with a little planking, barre sculpting,
and lots of gratitude!
Spots are limited! Class begins at
8AM Thanksgiving Day!

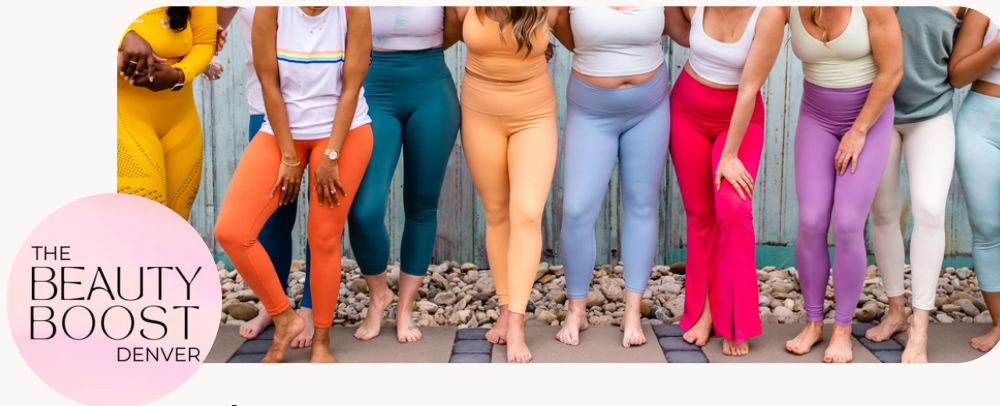


Kids Gobble Wobble Barre Class

KIDS THANKSGIVING CLASS!

Join Emily for a kids themed mini express
class (25 minutes) followed by an edible
take home Thanksgiving Craft with Jenny!

Tickets: \$12/per child includes crafts
supplies & barre class
Date: Monday November 20th
Time: 11:30AM
Suitable for Ages 5 & up



The Beauty Boost Event

JOIN OUR TEAM ON SATURDAY NOVEMBER 11TH
FOR A FITNESS SAMPLER IN PARTNERSHIP WITH
THE BEAUTY BOOST!

We are partnering with The Beauty Boost along with local fitness studios
for a day of fitness fun in Denver at the gorgeous venue, Rag and Bale
Tickets Can Be Purchased Via: <https://www.thebeautyboost.net/denver>



NEW CLASS LINE UP

Level Up!

MONDAY	9AM, 11:45AM, 4:30PM, 6PM
TUESDAY	6AM, 9AM 11:45AM, 6PM
WEDNESDAY	6AM, 9AM, 4:30PM, 6PM
THURSDAY	6AM, 9AM 11:45AM, 6PM
FRIDAY	6AM, 9AM
SATURDAY	9AM & 10AM
SUNDAY	9AM

New Classes!

AS WE CONTINUE TO GROW
WE HAVE ADDED NEW CLASSES!

We are dedicated to providing you with class times to meet your schedule & make your memberships even more worth it! In addition to adding more classes we want to make our community aware that we reserve the right to cancel any class with insufficient registration.

Our teachers dedicate a lot of time & effort into designing custom class plans & playlists for you!

We thank you for your understanding and support!



Black Friday!

SALES ARE COMING

Retail is on the way along with Class Pack and Membership Deals! Sale starts Friday November 24th!



Sock Rentals

CUSTOM ARVADA BARRE
SOCK RENTALS

Forget your socks? Arvada Barre logo sock rentals are now available. Rentals are \$2, ask your instructor for info!



Elevate By Arvada Barre

JOIN LAURA & ELISSA AT
FREEDOM STREET!

Stay tuned for upcoming release dates with Laura and Elissa's Barre Pop Up's at Freedom Street! If you are a member ask us for your discount code on tickets!



Follow Us!

FOLLOW US ON INSTAGRAM
@ARVADABARRE

Follow us on Instagram for up to the minute info, reels, and stories!

As the year continues to wrap up expect lot of fun content! DM us once you've followed us to be entered into a drawing for a special Arvada Barre Prize!

Coming Up

HOLIDAY AT THE BARRE
END OF YEAR CHALLENGE
KIDS HOLIDAY FUN
CONFIDENCE WORKSHOP
WITH MARGIE!

See you at the barre!

xo ,

Arvada Barre