ACSM INTERNATIONAL HEALTH & FITNESS SUMMIT 2018

MICRO BAR – BODY BAR'S NEWEST PRODUCT –
will be presented in these great sessions!



GRACEFUL STRENGTH – with Keli Roberts

Moving gracefully, with fluidity, instructors will experience a Barre-inspired group exercise program that conditions the body from the inside out. Core-centric, whole-body functional movements enhance balance, posture and strength endurance. This Body Bar MICRO BAR non-impact workout leaves you feeling refreshed and energized. Discover the dancer within with Graceful Strength, and sculpt a dancer's body!

BODY BAR BRAIN BODY BALANCE – with June Kahn

Choosing the right movement patterns combined with mental focus is key to proper sequential movement patterning. They allow for improved brain function and enhanced, functional body progressions that improve ADL (activities of daily living). Experience skills – along with visual and mental stimulation – that challenge mind and body to cultivate balance, both physically and mentally. These cognitive advancements are designed to enhance motor response. Progress to using Body Bar MICRO BARS to add more challenges and variety to the patterns. These are fun, usable activities that can be incorporated in all group settings, as well as one-on-one!



AND ALL CLASS BARS WILL BE ON SALE…come see us in Booth #212!

April 5-8, 2018
Hyatt Regency Crystal City
Arlington, Virginia

http://acsmsummit.org/

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