

A group of women in a fitness studio, holding pink balloons, with a semi-transparent text box overlaid in the center.

barreshape.

PRESS

## The method

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Barreshape© is a global workout to sculpt, tone and refine the body.

Geraldine Werner, lifetime dancer, law professional and now fitness instructor is introducing her original Barreshape© Method workout to her fellow Parisians. Barreshape© takes its inspiration from ballet, pilates and cardio training, with the objective of sculpting the body and improving posture while giving an overall sense of well-being and posture.

Barre classes have been gaining traction in the US, UK and Australia over the past years thanks to a method that loosely takes its shape from a technique introduced by German dancer Lotte Berk in the early 70s.

Geraldine, a former dancer and certified dance and pilates instructor, was introduced to a variety of fitness techniques including the barre method during her frequent expatriation stints in New York and London.

Upon her return to France and determined to follow her passion for dance, she developed the Barreshape© Method.

The Barreshape© workout alternates exercises at the ballet barre and mat to help create long, lean muscles and a graceful silhouette no matter a person's sex, age, body type, dance or fitness level. Each group of muscles is targeted and worked intensively, yet safely, then stretched to create a long, lean profile.

Barreshape© focuses on core muscles, correct posture and improved body alignment. The classes are calibrated to a motivating and contemporary dance tempo and kept small allowing for maximum guidance under the watchful eye of the instructor.



## Other results

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- A strong, developed core
- Flat abdominals and a strong back
- Elongated, firmer arms and thighs
- A lifted seat
- Better stamina and resistance
- Improved flexibility and grace
- Increased body awareness
- Better weight control



## About Geraldine Werner, founder of Barreshape©

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Geraldine Werner fell in love with dancing at the age of 10, touring with various dance companies and participating in performances throughout France.

During a short stay in New York, she took advantage of classes at the renowned Studio Cunningham and the Limon Institute in Manhattan to discover new dance techniques.

Once back in France she joined the contemporary dance school of Peter Goss where she discovered other disciplines. This gave her the idea to complement her training as a dance teacher with anatomy, physiology and body movement analysis courses, obtaining her diploma as certified dance instructor.

She soon became interested in combining dance movements with other methods like yoga or pilates to make her classes more accessible to non-dancers. While living in London and teaching professionally, she continued practicing yoga and discovered pilates and other fitness trends in some of the well-known London studios.

Eventually, Geraldine's passion for dance and fitness merged with her desire to teach and share these passions with others. Returning to Paris in 2012, she dedicated her time to refining what has called the Barreshape© Method with the first studio classes introduced in early 2014. To complement her training with pilates and improve her method, she obtained full certification in BASI® pilates mat in Paris in early 2016.







## Classes formats

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To fit the needs of our Paris based clients, Barreshape© offers group, semi-private and private classes. Conveniently located Paris studios have been selected: Beaubourg studio in the 3rd arrondissement, Elephant Paname studio near Opera in the 2nd arrondissement and the Pilates 16 studio in the 16th arrondissement. Group classes are scheduled for early birds in the morning or at noon for Parisians on a quick lunch break, but also in the evening and during the weekend.

### **Group studio classes – 45 min/60 min**

- Morning, lunch time, afterwork
- From 20€

### **Semi-private studio classes – 60 min/ 2-4 people**

Nothing beats friends to get motivated for a workout.

- At the studio or at home
- 60€ per person

### **Private workout – 60 min/ 1 person**

A private class made-to-measure to achieve personal workout goals and fitness objectives.

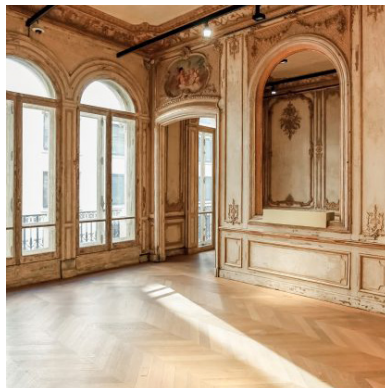
- At the studio or at home
- 90€ per class

# Barreshape studios

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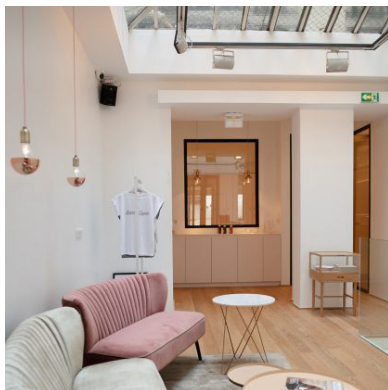
## Studio Beaubourg

Old-style art gallery in the heart of the 3rd arrondissement, the Barreshape© studio reflects the brand's identity; a mix of sophisticated design, soft colors and a cooing atmosphere. Two classrooms of 60sqm, a changing room with individual showers and a cosy « Lounge & Chill » area lit by a huge glass roof turns the traditional ballet studio into a place where everyone can feel at home. Customers also have the possibility to enjoy a detox bar and a shopping area with tee-shirts, sport leggings and grippy socks.



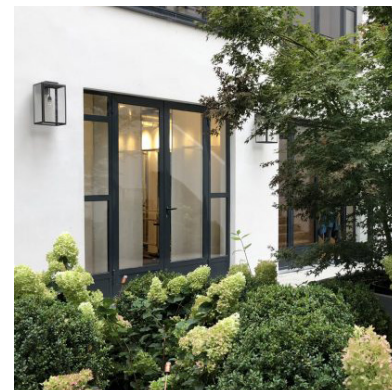
## Studio Trocadéro

For a « zen chic » meeting, head for the 16th arrondissement, in the Pilates 16 Studio, the latest place picked by Barreshape© to host its classes. This modern hôtel particulier is the perfect place for people to visit when they are needing an escape from their busy days.



## Studio Opéra

Round the corner from Place Vendôme, Elephant Paname is home to dance studios of the highest quality just like the Grands Opéras. If people want a break from the frenzy of central Paris then this is the right place to come.



# Classes

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**BarreShape®** : This full body barre workout is a unique mix of cardio, ballet, yoga and stretching on an energetic playlist. 55 minutes of a dynamic exercises alternating between the barre and the mat, resulting in a healthy and harmoniously sculpted body.

**Dance SCULPT®** : Mix of BarreShape® exercises and bootyshaking choreography on a motivating playlist with fun accessories to boost your heart rate, endurance and strength.

**BarreShape® Advanced** : More advanced choreography with less recuperation time resulting in a maximum amount of exercises and repetitions in the same 55 minutes format of BarreShape® signature. Recommended for our Barreshape® addicts who have attended at least 20 classes and perform the postures with ease.

**BarreBlast®** : This workout introduces 4 intervals of two minutes cardio exercises repeated two times in between the four main components of a BarreShape® signature class (arms, thighs, glutes and abs)

**BarreStretch®** : This 55 minutes session proposes a medley of ballet inspired exercises at the barre followed by sustained active stretches at the barre and in the center and finishing with a final pose of relaxation.

**Pilates & Shape®** : An intense and deep core work based on the pilates principles with a BarreShape® twist.

**POP 45®** : A dynamic 45 minutes flow that combines dance cardio and stretches at the end of the session on pop music.



## Website

Barreshape© adapts itself to the standard codes. The site has been completely redesigned with a sleek and modern style. Users are able to find practical information by themselves. In addition, each barreshaper has a Mindbody account where he/she can book his/her classes at any time and consults his/her schedule in one click.



## Social Media

Social media and Barreblog give the Barreshape© team the opportunity to communicate with its community, sharing news, challenges, well-being and healthy tips. Barreshapers are invited to share their experiences and photos as well as their questions.