



a  
low-impact  
online  
fitness  
program  
you can  
take  
anywhere



+304-633-7996



@barrealley



kendra@barrealley.com



barrealley.com

your virtual barre studio



PARTICIPANTS INSTANTLY CONNECTED TO THE LOW-IMPACT, CHALLENGING-BUT-DOABLE, I'VE-NEVER-SWEATED-SO-MUCH AND LOVED THE IDEA OF WORKING OUT WITHOUT FEAR OR JUDGMENT (OR WASTING TIME COMMUTING TO A GYM).

MOST OF ALL, THEY LOVE (AND WHEN I SAY LOVE, I MEAN THEY KINDA SORTA HATE) THAT WE DELETE THE WORKOUTS TO ENCOURAGE THEM TO GET 'ER DONE.







## Testimonials

After a crazy August (60% of my sales goal is this month, which equals almost 80% of my traveling ) I'm so excited to be back on track this Monday!! My diet has for sure been the driving force to not getting completely off track, but I'm so excited to start this Monday with fresh workouts and excitement so grateful for this community and to hit the Fall running! - Kelsey

"I feel like I say this every other week, but this is another one of my top faves! The transitions are so subtle, the whole workout just feels like one giant flow! Love it!" -Becca

"Last night was a rough night with little man. I wasn't sure what to expect for today but I had a small window where he was resting so I tried the 4th trimester tabata and chair upper body workouts and I feel like a new person. Thank you so much for offering these low impact workouts Kendra. I love being able to do SOMETHING while feeling like it's safe since I'm still recovering/healing. I feel so much better mentally today so I'm very grateful." -Joanna

## About Kendra

KENDRA IS A THIRTY-SOMETHING BOY MOM x3 WHO JUST WANTS TO FEEL GOOD IN HER OWN SKIN AND SUSTAIN ENERGY THROUGHOUT THE DAY. AFTER A CAREER ENDING INJURY AS A D-I GYMNAST, HER BODY WAS WORN OUT, ACHY AND TIRED.

SHE NEEDED A FITNESS FORMAT THAT WAS "NICE" YET EFFECTIVE. SHE BECAME A YOGA AND BARRE INSTRUCTOR AFTER DISCOVERING THE BENEFITS OF LOW-IMPACT FITNESS. AS A FITNESS INSTRUCTOR AND NEW WORKING MOM, IT WAS HARD TO GET TO CLASS. SHE REALIZED THAT IF IT WAS HARD FOR HER, THE TEACHER, IT HAS GOT TO BE HARD FOR THE STUDENTS TOO! SO SHE CREATED BARREALLEY - AN ONLINE FITNESS PROGRAM THAT YOU CAN TAKE FROM YOUR LIVING ROOM TO THE OFFICE, WHILE TRAVELING, OR ON VACATION!



## Our Services

barreALLEY is an online barre studio offering new weekly workouts delivering high efficiently low-impact workouts that are easy on the joints. Combining cardio, light weights and fluid movements, this program will build long lean muscles and endurance.

### CUSTOM CLASSES AT YOUR NEXT EVENT

Whether it's a mini energy-boosting class between breakout sessions or a detox class the morning after

### ONLINE SUBSCRIPTION

- beginner
- intermediate/ advance
- pre/postnatal

### CORPORATE WELLNESS PROGRAM

We're here to help you create a company-wide culture of wellbeing