

## What is Ultra Barre™?

Ultra Barre™ is a fusion of ballet barre, dance conditioning and pilates-based movements designed to lengthen and tone the muscles using principles of biomechanics for a safe, yet challenging workout. Ultra Barre™ is developed and taught by classically trained dancers and is designed for everyone from the novice to the professional dancer.

## What are the benefits of Ultra Barre™?

- Balance
- Breath control
- Core engagement
- Focus
- Lengthened muscles
- Muscular endurance
- Precision
- Stability
- Better posture
- Coordination
- Flexibility
- Joint Stabilization & Alignment
- Movement efficiency
- Muscular strength
- Proprioception
- Toned body

## Is Ultra Barre™ only for professional dancers?

No. Although Ultra Barre™ is a dance conditioning program designed by dancers, anyone who wishes to have the long, lean muscles of a dancer will benefit from this workout.

## I've never taken a dance class. Will I be able to follow the movements?

Yes. Ultra Barre™ is designed for everyone. However, it is highly recommended that you take part in a beginning level ballet or Ultra Barre class first to get the fundamentals of ballet before taking an intermediate or advanced class.

## Will I get injured doing any of these exercises?

It is your responsibility to pace yourself throughout the class; however, it is recommended that you inform the instructor of any past or present injuries that might limit your participation. If you feel overwhelmed, take a moment to stretch or ask the instructor for a modification. The only way an injury will occur is if you are performing the exercises with improper alignment. If you find that you are overly sore, ask the instructor to observe how you are performing the exercise. You probably just need to slightly modify the movement. Listen to how your instructor is

cueing the class. The instructor will tell you exactly how to perform the exercise to prevent injury. Remember, every body is different, so do not compare yourself to others in the class. When in doubt, ask a question. If you have a question, there is a strong possibility that someone else is wondering the same thing.

## I am a professional dancer. Will I receive any benefits from taking a beginning level class?

Absolutely. I teach college dance majors that have the same rigorous schedule as a professional performer. Surprisingly, most of them find that even the basic exercises are difficult because the goals and principles of movement in an Ultra Barre class are slightly different from a regular dance technique class. Even the best dancers need to cross-train their bodies in order to balance strength and flexibility. If you find that any of the movements in the beginning level class are too simple, ask the instructor for an advanced modification. Often-times, there are simple ways to alter the movement to get even more of a challenge out of the class.

## What do I wear to an Ultra Barre™ class?

The appropriate attire is dependent upon how you feel the most comfortable. However, I recommend wearing form-fitting workout clothing or ballet attire. A lot of people ask why we do not allow sneakers in class. The reason we do not recommend wearing sneakers is that we are working to strengthen the feet and ankles and sneakers act as a false barrier against the floor, so you will not be able to develop adequate strength in the foot and ankle to properly perform the exercises in the class. Most people wear socks to class, but ballet shoes, jazz shoes or bare feet are also acceptable. If you have never worn ballet or jazz shoes before, I recommend going to a dance store and being fitted for the shoes. A lot of people order shoes online that do not fit properly, and it negatively impacts their ability to be successful in class.