

Join Us for 3 Months Unlimited!!



We are offering the Birmingham Bar Association a promotion of 3 months unlimited for \$125 a month!!

Who is NEIGHBORHOOD barre?

We are a barre fitness studio that provides a total body routine with elements of yoga, pilates and ballet, that is safe and effective for every fitness level. We do several sets of isometric movements, followed by a series of stretches, used to help carve, shape, and lengthen your physique. The workout is low-impact, easy on the joints, and suitable for a wide range of ages. Modifications are provided throughout the workout, allowing you to work at your own level-whether beginner or experienced in the technique.

What Happens After My Company Promotion Ends?

We have a wide range of packages including by class, weekly and autopays. If you have never purchased a package before the company promotion, you are eligible for our New Client Special One Month Unlimited for \$100.

Click [here](#) for class times.

We have a shower and changing areas for your convenience.

To Sign Up call 205-396-3006 or email bham@neighborhoodbarre.com

We look forward to meeting you!!