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Barre Las Vegas to move its Summerlin location ...new studio will feature cycling classes

LAS VEGAS (August 1, 2011) – Barre Las Vegas™ is slated to move its Summerlin fitness studio to a new space in mid September in order to accommodate the addition of cycling classes to its roster of ballet-barre based classes. The new studio will open at 3700 Hualapai, Suite 109, and in the meantime, Barre Las Vegas Summerlin will continue to operate at its current location of 1215 S. Ft. Apache Rd.

The new studio will offer Barre Las Vegas' assortment of barreology classes. These ballet-barre based classes are Barre Las Vegas' blend of muscle building, core toning and body slimming exercises mixed with cardio and orthopedic stretching. Popular throughout the country, the barre workout integrates hundreds of different variations of exercises that focus on precise movements to provide strength, flexibility and balance. The Summerlin studio will also boast cycleology (cycle) and barre-cycleology (barre and cycle combo) classes.

"Our clients like to go to one location for all of their fitness needs, and adding cycling will be a great addition to their fitness routines," said Barre Las Vegas co-owner Nami Lawenda. "This is a unique opportunity for Las Vegas fitness enthusiasts. Clients are already delighted they can go to our Town Square location for all their fitness needs, and now they have that same option in Summerlin."

Barre Las Vegas[™], Las Vegas' first barre fitness studio, opened at Town Square in December 2009. The success of the original location prompted the opening of the Summerlin location in July of 2010.

"As small business owners we are fortunate to have had success in the boutique fitness niche and are able to grow with the demand," said co-owner Sue Harragan, who also instructs. "We're designing the new studio from the ground up, and it will reflect the design and colors of our new logo."

Barre Las Vegas Summerlin is open from 8 a.m. to 1 p.m. and 4 p.m. to 8 p.m. Monday through Friday and from 8 a.m. to noon Saturday and Sunday. Classes are \$20 each and special packages will be available. New clients can enjoy a one-time \$25 special for one week or a one-time \$99 special for one month of classes. To celebrate the Summerlin opening, existing clients can take advantage of a one-time "Try Summerlin" special of \$99 for a month of unlimited classes as well. For more information and class schedules visit www.barrelasvegas.com.