



What makes barre3 Nashville a unique experience?

- We're a friendly, cheerful, fun, and energetic bunch!
- We get your heart pumping – this is a cardio *and* barre fitness class ... *our classes also provide an amazing mind and body connection with a great endorphin high.*
- We base our movements from a neutral spine position that physical therapists endorse (no tucking).
- We welcome anyone -- there is no experience required, and our instructors are there to encourage, help, and provide adjustments that suit your needs.
- We are affordable. You will find that our pricing is commensurate or even less expensive than others.
- We are a community that supports each other through our in-studio camaraderie, our top-notch childcare option for parents to use during classes, our barre3 blog content, and our barre3 online community message board.
- We have a spa-like studio with gorgeous lighting and equipped with showers, baths stocked with helpful amenities, changing tables, and festive child play areas.
- We are very accessible with two central locations: The Gulch (501 12th Avenue South) and Paddock Place Shopping Center (73 White Bridge Road).
- We are a lifestyle. Should you want to take your experience one step further, barre3 online memberships provide B3 Weekly fresh content including a library of workouts you can do in your home, food recipes crafted by today's top nutrition experts, and weekly webinars featuring health and wellness experts along with barre3 Founder Sadie Lincoln.