

Fall 2014 FitQuest Challenge



NEXTBARRE™

NextBarre Lafayette

The NextBarre studio of Lafayette, located at 3741 Mt.Diablo Blvd., is offering Orinda Country Club and Orinda Aquatics Masters swimmers participating in the 2014 FitQuest Challenge a special unlimited attendance 84-day program, Monday January 6-Sunday March 30.

The NextBarre program is a unique combination of core conditioning exercises, strength training, and stretching. It is an excellent cross-training regimen for swimmers. This program offers a number of new props that will add variety to your workout and help you engage more deeply. You will see considerable improvement in your flexibility, strength and muscle tone when attending NextBarre classes 3+ days a week.

You may visit their website at NextBarre.com to check the class schedule. You will be able to complete the 2014 FitQuest Express Challenge, with just two activities, swimming workouts and NextBarre classes.

The total cost for the 84-day program is \$320.

