

SOLON BUSINESS SPOTLIGHT



**Owner
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barre3 Solon
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barre3.com

barre3



When did you open your business in Solon?

December 2016

Why did you choose to locate in Solon?

Solon is such a family-friendly place with a lot of local industry. I am so passionate about the barre3 workout and Solon just seemed like the perfect fit. There is a nice diverse population with a lot of young and old who we felt would benefit from barre3 Solon.

What is Barre3 and what can residents expect from your studio?

A total body, balanced workout combining strength conditioning, cardio and mindfulness. You will leave every class feeling balanced, empowered and energized. Be expected to walk into a safe space that feels like home. You will be greeted with a smile and huge HELLO! You will be shown around your new studio, so you are comfortable in knowing where everything is located. You will take a killer 30-, 45- or 60-minute class from a seasoned and trained instructor who will guide you and encourage you throughout the entire class. All of this will be to some amazing beats. All you need is to wear comfortable workout clothes and bring a water bottle – we will take care of everything else.

We are a workout for everybody and every BODY!

What sets you apart from other studios?

We provide a personalized workout in a small group setting. We offer a play-lounge area, so we can take care of you and your kiddos at the same time in separate spaces. Barre3 is for any and all fitness levels and athletes. We welcome and treat everyone as if they are family.

What else would you like residents of Solon to know about your business?

We will meet you where you are most comfortable during these times. In a studio with limited capacity, LIVESTREAM via zoom or outdoor on our back lot.

We offer private classes: in-studio, livestream or we can even come to your house.

We offer a new client drop-in class for \$10, and many class packages and membership options.

Mention this ad for a \$5 drop in (new clients only and for one time only).

Email solon@barre3.com to receive our studio newsletter

For all current info follow us on IG @barre3solon and linktr.ee/Barre3solon



Want to spotlight your local business? Contact sbell@solonohio.org