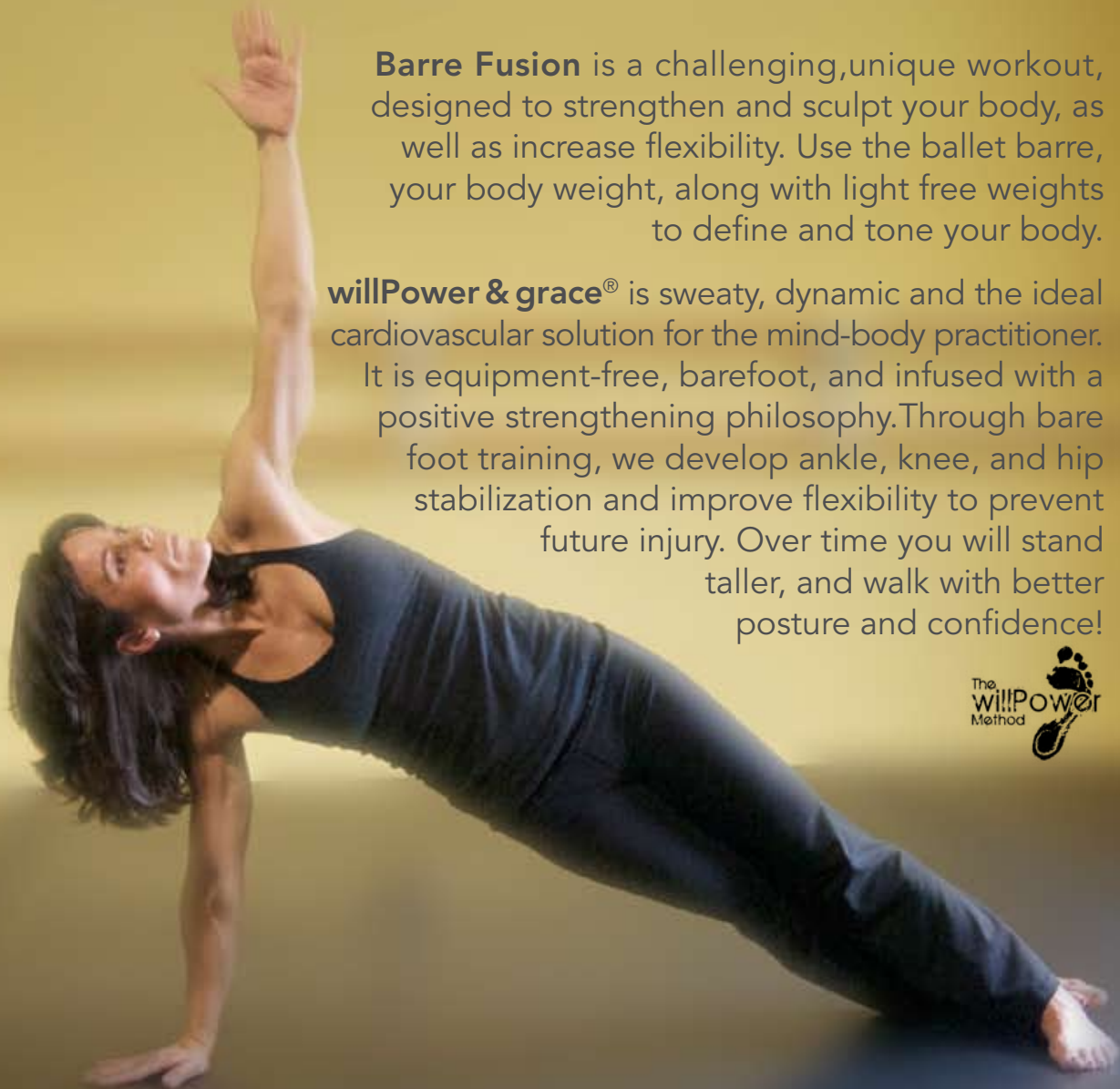


Sculpt every inch.

Transform your body and improve your fitness level with Barre Fusion and willPower & grace[®] exercise classes!

Barre Fusion is a challenging, unique workout, designed to strengthen and sculpt your body, as well as increase flexibility. Use the ballet barre, your body weight, along with light free weights to define and tone your body.

willPower & grace[®] is sweaty, dynamic and the ideal cardiovascular solution for the mind-body practitioner. It is equipment-free, barefoot, and infused with a positive strengthening philosophy. Through bare foot training, we develop ankle, knee, and hip stabilization and improve flexibility to prevent future injury. Over time you will stand taller, and walk with better posture and confidence!



Porch Light Studio 555 Broad Street, Glen Rock, New Jersey, 07452

Barre Fusion Schedule: Mon – 10:30 am, Tue – 9:15 am, 7:30 pm, Thur – 9:15 am, Sat – 8:30 am

willPower & grace[®] Schedule: Tues – 10:30 am, Sat – 9:45 am

FIRST CLASS IS FREE for new clients!

*Reservations are recommended. Please email jendesalvo@yahoo.com