

BARRE DANCE FITNESS

Straightline

ABOUT US:

[Straightline Dance Fitness](#) is an inclusive, supportive, nonjudgmental dance fitness studio in NE Minneapolis. We offer Barre, Piloxing, Yoga, Pop Pilates, and cardio dancing. With an amazing team of instructors at the helm, we are a friendly community of people who believe in the importance of movement.

CLASS DESCRIPTION:

POP Pilates® is a full-body workout choreographed to upbeat pop music. Feeling like a dance on the mat, our 55-minute class flows from a standing dynamic warm-up to body-weight mat work that targets the abs, arms, and legs while incorporating sections of cardio. Similar to classical Pilates, benefits include strength, flexibility, and balance. This class is for all levels, and the instructor will demo options so participants can choose their degree of intensity. POP Pilates® is lighthearted yet challenging and will leave you feeling invigorated and proud.

Participants will need a yoga mat. We also recommend bare feet, water, a hat/sunglasses, and a sweat towel.