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New exercise class comes to area just in time for New Year's resolutions

The Movement Center Pewaukee, formerly Pilates on the Lake, will begin offering Barre classes for clients in January. No other fitness center in the area offers the Barre workout, said center owner, Ronda Arndorfer.

"I wanted to offer my members more than just pilates and yoga," said Arndorfer. "Barre is really popular on the east coast and I feel like it's a good balance between pilates and yoga that can really fill the void in their well-rounded workout."

Barre, according to Arndorfer, is an athletic workout that uses a ballet bar and up-tempo music to strengthen and lengthen the body.

"The body needs a good cross between pilates, yoga and some form of athletic type workout like barre," she said. "There's more aerobic energy and sweating in the barre classes that will help build endurance, stamina and strength which are rounded out with the yoga and pilates stretching exercises in the same class."

Arndorfer has completely remodeled the Movement Center Pewaukee's studio to include a ballet bar. Eight out of the ten yoga and pilates trainers at the Center are completing a barre training course and will begin offering classes in January, Arndorfer said.

The Movement Center will offer complimentary Barre classes at 9 a.m. 10 a.m. and 6 p.m. for the week of January 10 through January 13. Registration is required for those classes and space is limited, she said.

"We'll host our grand opening on January 13 and our scheduled classes will begin on January 15," said Arndorfer.

The Movement Center Pewaukee is located on Pewaukee Lake at 161 W. Wisconsin Ave., for package pricing or to register for the free classes click [here](#).

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