

Holy Barre

THURSDAYS
10:00AM
Reclaiming ARTS

Holy Barre

Barre is for ALL Bodies!

Join us for a faith-based barre class that combines our need to exercise with our hearts' desire to worship. This full-body workout utilizes the very best of pilates, yoga, and strength training and is designed for all levels, ages, and body types.



Holy Barre

HOLYBARRE.ORG
YouTube: Holy Barre
Facebook Group: Holy Barre
YouVersion: Libby Myrin
Instagram: @hollybarre

CONNECT WITH US

Holy Barre

Thursday Reminders!

- 10:00 - 11:00am
- Reclaiming Arts, 312 S Coltrane Rd, Edmond, OK
 - (or Facebook Live)
- Bring a mat, light weights, and water!
- Practice social distancing and wear a mask in lobby.
- Makes donations towards studio rental via:
 - Venmo (@libby-myrin), Cash App (\$libbmyrin), or cash/check

Holy Spirit, fill our hearts, calm our souls, clear our minds, and strengthen our bodies as we burn bright!

Holy Barre

**We are better together,
burning bright!**

Holy Barre

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God –this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – His good, pleasing and perfect will.

Romans 12:1-2