

Business Connection

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Business Spotlight



ChoreoBarre®Fitness is offering kids summer dance camps for ages 4-18.

Fun, high-energy, complete body workout at ChoreoBarre

Former ballerina Anna Gemma founded and created ChoreoBarre®Fitness in 2014, and is the proud owner of ChoreoBarre studio in Pleasanton. ChoreoBarre®Fitness is a fun, high-energy, 45 or 60-minute complete body workout. Their barre class focuses on incorporating essential components of cardiovascular, core stability, strength, balance, and flexibility. ChoreoBarre®Fitness classes focus on progressions, form, and the importance of cueing with music for movement quality. Anna's inspiration is derived from her studies in school learning about Vaganova's method, which is a technique and training devised by the Russian dancer and pedagogue Agrippina Vaganova (1879-1951). It fuses elements of traditional French style from the Romantic era with the athleticism and virtuosity of Italian technique. The training system is designed to involve the entire body. Vaganova believed

that this approach increased consciousness of the body, thus creating a harmony of movement and a greater expressive range. Vaganova's method students were expected to take daily courses in ballet as well as character dance (folk), modern dance, calisthenics, strengthening, dance history, music, and language. Today, the Vaganova method is the most widely used ballet technique teaching method in Russia, and it is also used in Europe and North America.

"Challenge yourself to transform your body and mind. Believe in yourself and build your confidence. Feel empowered and beautiful."

— Anna Gemma, Founder & CEO of ChoreoBarre®Fitness

They offer ChoreoBarre classes as well as pilates, HIIT, ballet for adults and children, yoga, zumba, hip hop and power dance. They are also offering kids summer dance camps for ages 4-18, and mommy-and-me ballet classes for ages 2-10. Private dance lessons and birthday parties are also available.

For more information, visit www.choreobarrefitness.com. ChoreoBarre Fitness is located at 4292 Stanley Blvd. in Pleasanton.



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