

The Barre Code®

Cardio. Strength. Restoration.

The Barre Code is boutique fitness studio that offers a full-body exercise program of traditional barre, HIIT training, bootcamp-style classes, restorative stretch and more.

We have a mindset driven by empowerment and positivity and we always focus on what there is to gain, never what there is to lose.

We are a community that strives to make best-in-class fitness accessible to everyone.

See what makes The Barre Code right for you!

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