

# Barre Assets: No Tutu Necessary

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Ballet Barre

I totally miss the ass I had when I was 16. I had two things working for me then: An apparent lack of gravitational pull afflicting me, and years of ballet classes. Heading to [Barre Assets](#) class at the Kips Bay Crunch, which is a ballet-inspired sort of workout, I dreamed I might get both back. Images of long past recitals played through my head. In fact, the experience was less pink tutu, and more ass kicking.

It was not my first meeting with instructor Jennifer Gilardi. That came, for the record, in my living room a few months ago when I did her [Crunch Latin Rhythms DVD](#). Last night, however, she stood in front of me before class chatting about the the sugar high she was on from baking mint-chocolate chip cookies. To look at her, you would not suspect she's the cookie-baking type.

And once class started, in fact, things got very serious for 60 minutes. First came 10 minutes of pliés; which is basically a pretty form of squatting. Afterwards, we moved to the ballet barre, where we spent the next 40 minutes doing more pliés, core contractions, and the full arsenal of *tendus*, *ronds de jambes*, *arabesques*, and *attitudes* I remember torturing me as a teenager. Don't know what any of those terms are? Not to worry, the class is very basic in regard to form: No ballet experience necessary. Just know that they tend to target the muscles in your rear. Alot. We spent the final ten minutes doing a core strengthening exercises (mostly Pilates based) with light handheld weights, planks and stretching.

Barre Assets gets solid marks for strength and toning. And the flexibility training is an added bonus, especially if you're a yoga hater (like me) but still want keep your hamstrings from shriveling up and dying. I did miss the actual dancing part, however. Who doesn't want to pretend they're a ballerina once and a while?

Crunch offers Barre Assets at their Kips Bay location at 7:15pm on Wednesdays and at their Lafayette location at 5pm on Thursdays.

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