



BARRE CERTIFICATION FOR PTS, PTAS

AND OTHER MEDICAL PROFESSIONALS

Looking for a continuing competency training program that is exciting, challenging, and can help increase revenue in your practice?



IBBFA'S MISSION IS TO PROVIDE QUALITY EDUCATION THAT PROMOTES SAFE AND EFFECTIVE BARRE TRAINING INTERNATIONALLY

The IBBFA "Barre Level 1- Fundamental Technique" has recently been approved as a continuing competency course through the state of California!

CONTACT US

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Visit us on the web

www.BarreCertification.com



WHY GET CERTIFIED?

Obtaining a Barre Certification will fulfill 27 (of the required 24) continuing competency hours for the State Board of California. IBBFA instructors can teach Barre as a personalized workout (with individual patients) or as a group fitness class! Get ahead of the curve by offering one of the hottest fitness trends without compromising your practice.

WHAT IS BARRE?

Barre is a ballet based workout that involves isometric movements, flexibility training and requires little to no impact. Dancers have been using barre exercises and stretches for decades to assist in cross-training, injury prevention and rehabilitation. Barre is one of the fastest growing fitness trends in the world, and Physical Therapy offices have been raving about how it has been beneficial to implement the exercises as well as full group classes into their practices!

BARRE FITNESS IN YOUR FACILITY... ADDING BARRE TO YOUR FACILITY CAN BE THE BOOST YOU ARE LOOKING FOR!

- Bring in new clientele, such as dancers, athletes, or other barre enthusiasts
- Retain existing clients by offering a new program
- Include new exercises that have been proven effective in your practice
- Obtain Continuing Competency Units through an online training program that is interesting, relevant, and exciting!

In IBBFA's "Barre Level 1- Fundamental Technique", you will learn;

- Anatomically sound Barre exercises
- Foundational Ballet terminology
- Options to increase/decrease intensity for exercises
- Tools to format full 60-minute Barre classes