

The Barre - New Bedford

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The Barre - New Bedford

Welcome to The Barre: A Unique Fitness Experience in New Bedford, Massachusetts

The Barre in New Bedford, Massachusetts, proudly identifies as a ****women-owned**** establishment that is ****LGBTQ+ friendly****, making it a safe haven for all. With its inviting atmosphere and commitment to inclusivity, it's no wonder so many fitness enthusiasts consider The Barre their second home.

Convenient Amenities and Services

One of the standout features of The Barre is the ****paid street parking****

available nearby, which makes accessing the studio hassle-free. Once you step inside, you'll find various **on-site services** including **gender-neutral toilets** ensuring every individual feels comfortable. The facility also includes a gorgeous **swimming pool** for those looking to mix up their workouts with some water-based exercise.

Community and Crowd

A significant aspect of The Barre's appeal is its supportive and uplifting **crowd**. Whether you're a first-timer or a seasoned fitness fanatic, the atmosphere fosters a sense of belonging. Many clients rave about how they feel immediately welcomed by both staff and fellow members. The studio offers a **transgender safe space**, encouraging everyone to thrive.

Diverse Class Options and Online Classes

With a variety of classes tailored to different fitness levels, The Barre ensures that no one feels out of place. From heart-pumping Sculpt classes to calming yoga sessions, each instructor brings their unique flair, making the experience refreshing. For those unable to attend in person, The Barre offers **online classes**, allowing members to stay connected no matter where they are.

Booking and Appointments

Classes at The Barre require an **appointment**, ensuring each session is personalized. This practice allows instructors to focus on individual needs, providing modifications when necessary to avoid injuries. Many members appreciate the attention given to their progress, which helps foster a strong mind-body connection.

From Our Community

Feedback from members beautifully illustrates the essence of The Barre. One happy client noted, "The instructors are absolutely incredible and make every class enjoyable." Another shared their journey, stating, "After my first workout, I felt muscles I didn't know existed!" These sentiments reflect the community's warmth and the dedication of the instructors who strive to create an uplifting environment.

Your New Fitness Family Awaits

At The Barre, you're not just joining a fitness studio; you're becoming part of a supportive family that celebrates every achievement, big or small. With classes designed for every body's abilities and goals, all while being surrounded by positive energy, it's a place where you can feel empowered and motivated. Don't miss the opportunity to experience what The Barre has to offer; your journey to wellness starts here!

You can find us at

50 Union St fl 2, 02740 New Bedford, Massachusetts - United States (US)

The contact line of this **Gym** is +1508-715-3514

And if you want to send a WhatsApp, you can do so at +1508-715-3514

We open at the following schedule:

Day Hours
Monday
5:30–10:30?AM
Tuesday
7:45–11?AM
Wednesday
6:30–11?AM
Thursday
5:30?AM–6:30?PM
Friday
5:30?AM–6:30?PM
Saturday
5:30?AM–6:30?PM
Sunday
5:30?AM–6:30?PM

The website is The Barre

If you require to change any detail that you consider is not accurate about this page, we urge you to send us a message and we will adjust it as soon as possible. Thanks beforehand thanks.

Images



The barre videos



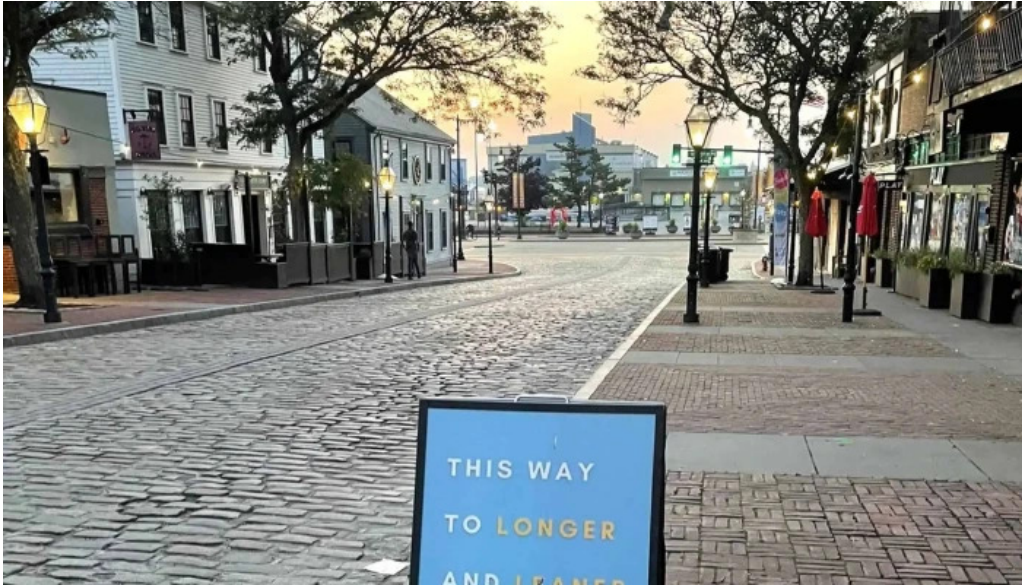
The barre street view 360deg



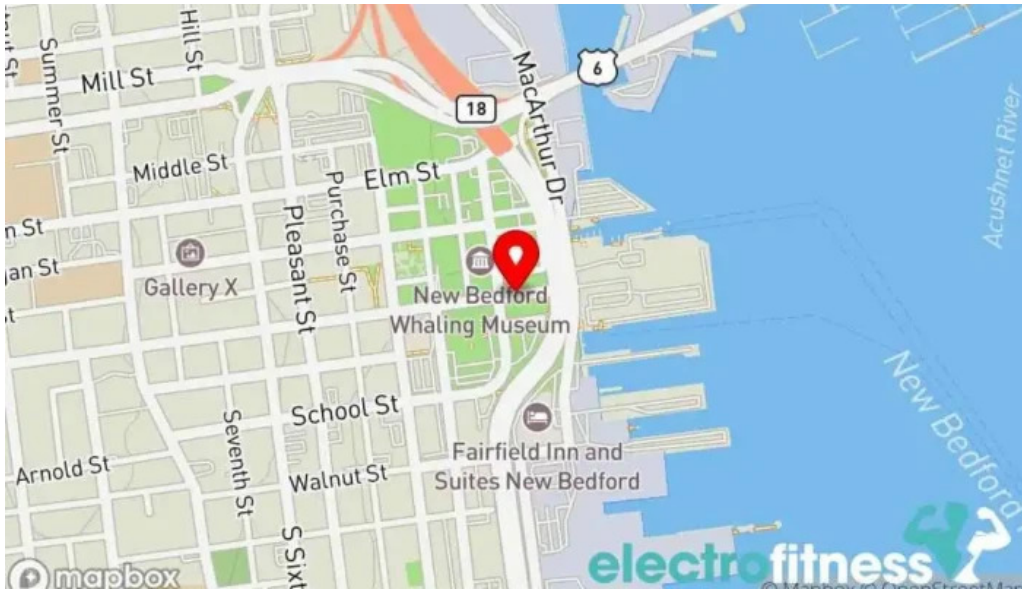
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Tags

Service options, Crowd, On-site services, Appointment required, Paid street parking, Toilet, Planning, Online classes, Transgender safe space, LGBTQ+ friendly, Swimming pool, Amenities, Parking, Identifies as women-owned, Gender-neutral toilets, From the business

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public educational institution
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