

LotteBerk

Designed to achieve a lean, supple and toned body, the LotteBerk exercises will help you improve your curves.

Created over 60 years ago by a German dancer called Lotte Berk, the exercises embody yoga, pilates and balletic moves.

The method has been used all over the world ever since by professional performers, athletes and those looking to increase their general fitness.



LotteBerk Barre with Jane Sweeting

here at the Southdown

Monday and Thursday Mornings

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The amazing
antidote
to workout
boredom

The exercise method that really works

STRENGTHEN

core muscles



SHAPE

your whole body



STRETCH

limbs & torso



IMPROVE

mobility & flexibility



INCREASE

stamina for sports



TONE

thighs & bottom



The figures shown here illustrate a selection of the many exercises used in a LotteBerk class.