

# Britsbarre: Bebe Edition HD

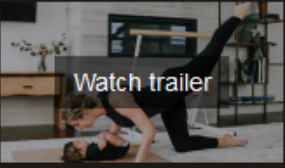
from Brittany Shimansky PRO on October 23, 2020

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Watch trailer

Genres: Instructional  
Duration: 25 minutes  
Availability: Worldwide



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Britsbarre: Bebe Edition is a barre class designed for new mamas. This class uses low impact, bodyweight exercises and high reps with light weights to strengthen and define every muscle. It is completely postpartum-friendly and allows you to regain your strength without sacrificing bonding time with your baby. Consult your physician before taking this class.


1.	Britsbarre bebe	25:39	\$13.99	\$23.99
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 **Brittany Shimansky**  
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