

barre3



JULY **Welcome Guide** 2019

Welcome to #barre3anywhere

Tell me if this sounds familiar: You wait all year for summer, brimming with excitement about the epic vacations, cookouts with friends, and picnics in the park. Then when it finally arrives, you're so busy cramming every last ounce of fun into your schedule that the whole season flies by in a flash.

We've all been there—and that's why I'm so excited about #barre3anywhere. With tools and tips that will show us how to be present in moments big and small, this program will help us bask in the summer rather than simply blast through it.

It all starts with setting an intention (more on that on the next page). Here's mine: This is my summer to practice gratitude in the simple moments, to set honest boundaries so I have energy for people and things that bring me the most joy, and to be playful. I can't wait to hear yours. Be sure to share it with us on Instagram with the hashtag #barre3anywhere.

I'm so excited to embark on this journey with you. Let's make this a summer to remember.

Warmly,



Sadie Lincoln

CEO and Co-founder

Set Your Summer Intention

A Step-by-Step Guide

Studies have shown that setting an intention can as much as double your chances of getting the outcome you desire. Here are some tips to help you set yours for this summer.

Step 1: Get in the zone.

It's a lot easier to set an authentic intention when you're in the right headspace. For some, that means setting aside 20 minutes of solo time to journal. For others, it could mean getting together with friends to talk it out. Whichever scenario suits you, carve out time for it and dig in.

Step 2: Create a vision board.

Imagine yourself at the end of the summer. What did your days look like? How did you feel? Who did you spend time with? What did you eat, drink, do? Create a vision board based on this vision. You can go the traditional route, cutting and pasting pictures onto a board, or take a more abstract approach, simply writing down your vision. Either one will help your vision crystallize, making your intention feel more real.

Step 3: Set and share your intention.

Research has shown that sharing your goals with others doubles your chances of achieving them. Write your summer intention in the lines below, and then share it on Instagram with the hashtag #barre3anywhere.

This is my summer to _____

Your month of discovery

July

S	M	T	W	T	F	S
<p>#barre3anywhere begins!</p> <p>Check your inbox for your Week 1 plan!</p>	<p>1</p> <p>10am PT: LIVE 20-min workout on @barre3 IG</p>	<p>2</p> <p>IG STORIES: Studio-owner Takeover</p>	<p>3</p> <p>BONUS ARTICLE : The Power of Mindset</p>	<p>4</p> <p>Check out the July collection in the B3 Shop</p>	<p>5</p> <p>10am PT: LIVE 20-min workout on @barre3 IG</p> <p>Giveaway winner announced!</p>	<p>6</p>
<p>7</p> <p>Check your inbox for your Week 2 plan!</p>	<p>8</p> <p>“ Instead of focusing on the week ahead, focus on this moment.”</p>	<p>9</p> <p>IG STORIES: Studio-owner Takeover</p>	<p>10</p> <p>BONUS ARTICLE : How to Change Your Mindset, with Jonathan Fields</p>	<p>11</p> <p>Giveaway winner announced!</p>	<p>12</p> <p>10am PT: LIVE 20-min workout on @barre3 IG</p>	<p>13</p>
<p>14</p> <p>Check your inbox for your Week 3 plan!</p>	<p>15</p>	<p>16</p> <p>IG STORIES: Studio-owner Takeover</p>	<p>17</p> <p>BONUS ARTICLE : Q+A with Sadie and Our Partners</p>	<p>18</p> <p>“ What have you discovered today?”</p>	<p>19</p> <p>10am PT: LIVE 20-min workout on @barre3 IG</p> <p>Giveaway winner announced!</p>	<p>20</p>
<p>21</p> <p>Check your inbox for your Week 4 plan!</p>	<p>22</p>	<p>23</p> <p>IG STORIES: Studio-owner Takeover</p>	<p>24</p> <p>BONUS ARTICLE : Convo with Master Trainer Sara Catherine</p>	<p>25</p> <p>“ Is your current mindset serving you?”</p>	<p>26</p> <p>10am PT: LIVE 20-min workout on @barre3 IG</p> <p>Giveaway winner announced!</p>	<p>27</p>
<p>28</p> <p>“ What can you do today to support your summer intention?”</p>	<p>29</p>	<p>30</p>	<p>31</p>	<p>1</p>	<p>2</p>	<p>3</p>

Your Summer

The go-to essentials you'll use all season long

Capsule

Exclusive offer

Get 15% off in
the B3 Shop with
the code
ANYWHERE15



B3 x Beyond Yoga
Emerald Floral High
Waisted Midi Legging



Melon Signature
Muscle Tank



B3 Emerald Script
Water Bottle



Canvas Tote



B3 x Beyond Yoga Gray
Signature Tank



B3 x Beyond Yoga Black
Multi Legging

Promo code ends 7/27/19. Cannot be combined with any other discounts or offers.

Valid on full-price items only. Valid online only. Limit one use per customer.

#barre3anywhere Giveaway

Enter for a chance to win prizes from our partners!

Post a photo on your Instagram and share your intention:

“This is my summer to _____.”

#barre3anywhere



@barre3



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This is my summer to practice being more present with myself and my kids.
#barre3anywhere

**Winners chosen each
Friday through 8/2**

[Terms & Conditions](#)

Looking for more this summer?

Barre3 has 140+ studios throughout the U.S.
and Canada, plus hundreds of streamable
workouts you can do anytime, anywhere.

Wherever you go, barre3 is there.

FIND YOUR STUDIO

TRY BARRE3 ONLINE



The days are longer.
There are more moments
of joy to be had.
Go discover them.



Keep your eye out for your Week 1 email, arriving in
your inbox on Sunday, June 30th.