

Barre Physique

by Jennifer Evans

Using a ballet bar in her Manhattan Beach workout studio, Lisa Komick, owner of Barre Physique, said that in just one week of taking her classes, people are sure to see a significant change in their body.

Recently, Komick took before and after measurements and found that on average, clients who took her class at least four times a week were losing as many as 12 inches in one month.

"It is so amazing and so rewarding to see their bodies change, and their confidence and spirits lifted," said Komick, adding that she recommends the class at least three to five times a week for the best results.

Initially influenced by the "Lotte Berk Technique," Komick said she first discovered the practice when she was visiting a friend in New York. However, she said even most East Coasters weren't aware of the workout.

"It was almost like a secret," Komick said. "Only celebrities really knew about it and they only offered the classes in certain areas like the Hamptons."

After discovering how effective the technique was, Komick decided to make it her mission to share the secret with as many people as she could.

"I studied the practice here on the West Coast but I also studied in New York," she said. "I still go to New York periodically to study under

some of the instructors so that I can refresh my skills."

Utilizing the ballet bar, Komick said Barre Physique clients receive a complete core workout and within a week can feel an improvement in their strength, balance and flexibility.

"The best thing about this is that you don't have to wait months to notice results," she said. "Literally I have seen client's bodies change within a week or two and they tell me they can feel a difference after just a few classes."

Using interval strength training, participants incorporate resistance training and stretching.

"We work to fatigue and then stretch the muscle," Komick said. "This process elongates the muscles, strengthens the core and improves balance."

With just 11 or less people in each class, Komick said she and her five instructors really work individually with the client even in the class setting.

"Because the classes are small, we are able to give the right amount of attention to each person," she said. "We want to make sure the person taking the class feels comfortable and that they are getting the most out of their time here."

Classes are offered seven days a week in the morning and evening. In September, Komick will be adding an additional Sunday morning class.

"As we grow we will offer more and more classes, but right now our



Lisa Komick

classes are for all levels and people actually seem to enjoy that," she said.

Komick, who was a business major in college and previously worked in business development, said that although owning her own business was a bit more challenging than she expected, she wouldn't trade it for anything.

"I love being able to share this with people. I am so passionate about what I do," she said. "Sure, it can be tough sometimes but this community is so amazing. I feel very lucky to be able to do what I love and be part of such a great community."

Barre Physique is located at 505 N. Sepulveda Manhattan Beach. For more information, call (310) 937-2277 or visit www.barrephysique.com.