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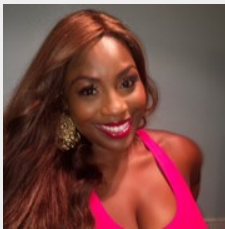
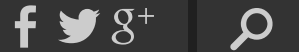
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Lakesha Yvette Walker  
LA Dance Fitness Examiner

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# Pop Physique set to open in DTLA, Pasadena and on Abbot Kinney.

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July 9, 2015  
3:05 PM MST



## FEATURED VIDEO



Pop Physique: Cardio Butt School #CollageVideo

YouTube: CollageVideo

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Pilates, barre and dance fans will be happy to know Pop Physique will soon open new locations in [DTLA](#), [Pasadena](#) and on [Abbot Kinney in Venice](#).

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And if you're not familiar with Pop Physique, here's what you should know.

**Pop Physique is a 60 minute workout** that combines barre-inspired exercises with ballet, pilates and light weight work into a series of strengthening, isometrics, core shaping and stretching.

Created by former professional ballet dancer and pilates instructor **Jennifer Williams** and her husband Deric, a brand developer, it can burn 500 calories or more and you see results in 6 weeks or less.

Instructors recommend coming to class 3 to 4 times a week and if this is your first one, here's what you should know.

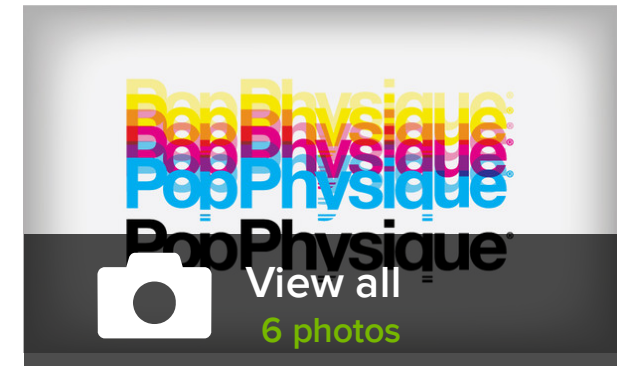
Clothing should be long and slim like exercise pants that cover your knees and fitted tanks or t-shirts.

Equipment is provided and instructors keep the pace moving, with hot music and motivation during what can be the toughest part of any class for most of us which is floor work.

From there, you get to switch things up by working out with small pink weights which are added for additional toning as well as some barre moves which help activate your glutes, hamstrings and more.

Swiss balls are also used to help target certain areas, with stretchy straps aiding in the process.

And now that you know how Pop Physique can help you get rock hard abs plus an all around hot



Pop Physique logo

Photos Courtesy of Pop Physique



Photo Courtesy of Pop Physique



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Researchers by scientists at the National Heart, Lung and Blood Institute have concluded that the best lifesaving information for people 50-years old and up is to keep their blood pressure down...

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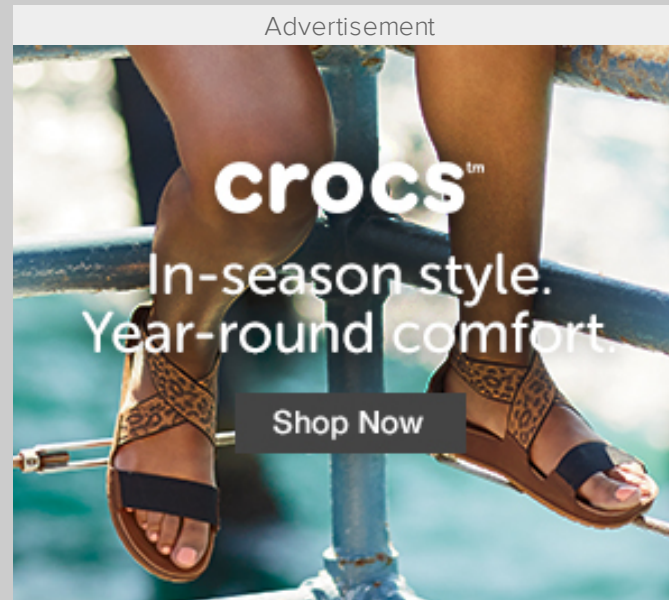
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