

LifeStyle

My, you're looking good today

MindBodySpirit

Legs, don't fail us now

Former ballet dancer **Allison Poston** has studied barre fitness for several years, tweaking the regimen that originated in the 1950s until she came up with a blend of yoga-Pilates-ballet that satisfied her craving for a muscle-lengthening workout. Barre exercises combine both a ballet barre and mat work — and no, you don't need to have dance experience, although your legs might look like Allison's if you stick with it. Poston taught private classes at Margo Dean School of Ballet and Colonial Country Club last year and, buoyed by a community of like-minded barre addicts, began looking for studio space she could devote strictly to barre classes. She has taken over the former April Lane Exquisite Shoes space

for her **Smart Barre** studio. There's a pretty lobby/dressing room, located in the back but technically designated as the storefront, as there's ample parking there with space for a future patio. The studio is filled with natural light, and the soft blue of the walls contrasts nicely with the dark wood floors; vintage-style chandeliers add a bit of glamour. Poston and her staff are booking classes six days a week beginning June 1. 3911 Camp Bowie Blvd., Fort Worth; 817-377-0261; www.smartbarrebody.com.

— Meda Kessler

Photo by Jill Johnson

