



FOR IMMEDIATE RELEASE
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TO

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FROM:

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REYA LAUNCHES BARRE TEACHER TRAINING PROGRAM

REYA Barre & Yoga is proud to announce the formal launch of its new Barre Teacher Training Program, a certification program designed for individuals interested in becoming skilled barre instructors. Created by REYA co-founders Michele Dolaway and Alyssa Beerger, the program offers a detailed curriculum that focuses on technique, anatomy, teaching strategies, and practical application. Although Michele and Alyssa have been mentoring instructors for several years, this marks the first time their curriculum will be offered as an official, structured program available to a broader audience.

The decision to formally launch the program comes in response to strong, consistent interest from REYA students who have expressed a desire to move into teaching roles.

The official training includes modules on class sequencing, anatomy, injury prevention, and hand-on practical instruction. Participants will complete course hours both in the studio and through guided assignments, concluding with a certification recognized within the fitness community.

Graduates of the program will earn a REYA Barre Instructor Certification and may be considered for teaching opportunities at REYA or other studios in the region. More information about class availability and scheduling can be found on the REYA Barre & Yoga website.

Yours Sincerely,

Andrew Dolaway
Public Relations Manager