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HOT AND TUTU-FREE: Ballet-Inspired Workouts

by [Stuff Boston](#) | July 25, 2011



le-dancing class is so 2007. The workout trend du jour takes its inspiration from a far classier form of dance: ballet. The Swan helped put ballet back in the spotlight, but these West Coast-transplant training regimens definitely don't rely on grace or rhythm. Endorsed by such Hollywood A-listers as Drew Barrymore, Zooey Deschanel, and Anna Paquin, the workouts combine the fat-burning elements of interval training with the elongating principles of dance conditioning. For once, the 'burbs were the center of attention. Former Patriots cheerleader Jenny Anania opened up her Secret Physique studio in Pembroke in 2008. Then Boston started seeing more fitness clubs, like Barre Burn at **Equinox** (131 Dartmouth Street, Boston, 617.578.8918 and 225 Franklin Street, Boston, 617.578.8918). The area's first dedicated studio, **Pure Barre** (1300 Centre Street, Newton, 617.332.7873), opened its doors in March. It quickly welcomed **The Bar Method** (234 Clarendon Street, Boston, 617.236.4455). All promise a long, lean dancer's physique