



## Oregon's First Xtend Barre Workout Studio Coming to Beaverton's Progress Ridge Townsquare

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By

NFL families bringing hot new workout favored by celebrities and international fitness enthusiasts to Beaverton

Xtend Barre, the newest fitness and lifestyle trend with locations worldwide, announced today they have signed a five-year agreement with Gramor Development to lease 1,265 square feet at Progress Ridge TownSquare, located adjacent to the Bull Mountain and Murray Hill neighborhoods.

Franchise owners, Sara Peelle, wife of San Francisco 49ers tight end Justin Peelle; Whitney Mallard, wife of former NFL linebacker Wesly Mallard; and Emily Harrington, wife of former NFL quarterback Joey Harrington, recently signed the lease and expect to open the workout studio to the general public in early March 2012. Xtend Barre is a Pilates-based, dance-amplified workout that uses the ballet barre, balls, weights, and stretch bands to maximize fat burning, improve posture and tone muscles.

"Xtend Barre studios are opening in major cities all over the world and we are thrilled to bring the first Oregon workout studio to Beaverton," said Sara Peelle, owner of Xtend Barre Beaverton. "As an effective and fresh workout option for people of all ages and fitness backgrounds, Xtend Barre has been a huge hit in communities all over the world and the Progress Ridge location will be no different."

Progress Ridge Progress Ridge TownSquare is a 20-acre development anchored by New Seasons grocery store and Cinetopia Cinema and Big Al's Entertainment Center. Gramor Development opened the shopping center in September 2011.

The Xtend Barre Workout is the premier ballet barre workout. Andrea Rogers, a professional dancer and choreographer since the age of 18, created the Xtend Barre system to sculpt the body proportionally so all body parts are equally challenged. A total body workout, Xtend Barre strengthens, lengthens, and stretches the body from top to bottom, from inside out. The workout has been sought after by national spa and fitness centers and Pilates devotees from the US, Brazil and Canada. Clients range from new enthusiasts to seasoned fitness pros and include men, women, teens, Pilates practitioners, professional athletes, celebrities, and dancers.

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