



BARRE LAS VEGAS

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Challenging. Effective. Slimming.

Barre Las Vegas™ is Las Vegas' first barre workout studio. This unique workout is done at a motivating, fat-burning pace to upbeat music and focuses on precise movements to strengthen and create a lean, flexible, healthy body. The benefits of this powerful workout are only effective if taught properly. Fortunately, Sue Harragan has the perfect blend of knowledge and enthusiasm, as well as an intimate studio, for the task.



Sue Harragan

Q&A

What tip would you give women who are starting a business?

Do your research to get to know your target customer and market. Prepare for the unexpected, stay positive and network anywhere and everywhere. Assess your opportunities, then negotiate a great deal.

What is your motto or theme song?

"Work like you don't need money, love like you've never been hurt, sing like no one is listening, and dance like no one's watching."
—Mark Twain

Make every day count.

How do you relax?

Taking a day-cation! There's no greater place than Vegas to check into a fun hotel, workout, go to the pool, then to the spa and just hide out for the day.



Photos by Melissa Gordon