



## **ANGIE LEE, OWNER Barre3**

Angie Lee, originally from Maine, has called Bucks County home since 2006. Angie became the owner of barre3 Doylestown in November of 2018. After starting her family, Angie sought a community to make friendships in a new area, seek balance in her life, and pursue her passion. Barre3 was the answer! She began her career as an instructor in the Newtown studio, where she taught for three amazing years. Today, Angie is thrilled to fulfill her lifelong dream of owning a studio and helping others through a movement focused on body-balance, mindfulness, and empowerment. Outside the studio, Angie enjoys spending time with her two boys and husband Joe, listening to music and watching sports.

Certifications: Barre3 certified Instructor, Owner + Mentor

### **Barre3 Class Description**

Barre3 is a full-body balanced workout that combines strength conditioning, cardio and mindfulness to help you feel balanced in body and empowered from within. We're here for you! We'll support your health and wellbeing during this time, bring the same remarkable studio workout directly to you, along with a supportive community and connection that will help you leave feeling healthier and happier!

### **Studio Website**

- <https://barre3.com/studio-locations/doylestown>