

CONGRATS PAULA SILVIO!!!
winner of our monthly drawing. She gets 50% OFF her next package purchase in the new year! A great way to keep those resolutions in january!

2008

◆ **DECEMBER SPECIALS**

Give the Gift of Good Health this season. **Purchase \$100** or more in **Pure Barre Gift Certificates** & receive an **additional \$20 in Pure Barre Bonus Dollars!**

gift certificate must be purchased from Nov 15th - Dec 31st. Bonus dollars can be applied towards any package, apparel or product by Dec 31/2008.

Also, **Spend over \$100** in retail before December 25th, **get ONE FREE CLASS** to use by December 31st!

PB will have a revised schedule for the holidays, check online for details. All classes will be sign up only.

We hope PB can help reduce your stress & waistline this holiday season!

Pure Results - HOLIDAY BOOTCAMP

Our Holiday Bootcamp has started & we have many wonderful women keeping their physique from letting the holidays take over. In addition to Pure Barre & Yoga, they get traditional bootcamp sessions to step up their results by increasing their cardio & intensity. Look for these bootcamp sessions to be on our schedule in the new year - suitable for all levels & fitness goals! you can still purchase the holiday bootcamp for ONLY \$199!

Pure Product - Stocking Stuffers!!!

SNUG CAMISOLES - A great layering tank that can be worn short or long. Pair this top with a blazer for work, a sweater for your family holiday party or put over your sports bra to workout! whatever the occasion a Snug camisole is sure to be the solution & since its priced so low, you can give one to every female on your shopping list! Stop in & grab every color for your closet staples or someone you love!

ARM & LEG WARMERS - Michigan made accessories that are this winter's must have. Available in black & colors, all are 100% unique & made out of 99% recycled materials. Wear them to class to keep your muscles warm or add them to your favorite, not quite winter weather, outfit to help you stay warm. Either way, you won't be able to leave the house without them once you start wearing them!

PURE BARRE DVD - Give the workout that your far away friends can't get at home with this 45 minute workout or for those days you just can't make it into the studio.

HEADBANDS - Solid or printed, they are sure to go with something in everyone's closet. Wear them for fun to the beach, to hold back the sweat or to just spice up your outfit. We make it easy to find one you love & is great for any female's stocking!

Don't forget about Exersox - the must have for any Pure Barre addict!

** Pure Recipe **

Crudites with Hummus

- 1 can garbanzo beans
- 1/4 c extra-virgin olive oil
- 2 T lemon juice
- 2 gloves garlic, peeled
- 1/2 t fresh thyme leaves
- 1 t salt
- 1/2 t fresh ground pepper
- assorted vegetables for dipping

In a food processor, combine beans, all ingredients except vegetables. Whirl until smooth. Spoon into a bowl & set on a platter. Around hummus, arrange colorful vegetables such as sliced red or orange bell peppers, sliced carrots, blanched asparagus spears, and broccoli florets.

Bring this treat to any holiday party and enjoy with friends & family!

♣ **Pure Ball Workshops**

the perfect blast during the holiday season, a special 1.25 hour class with use of the playground ball & emphasis on those stubborn inner thighs

\$30 - sign up & pre-payment required

Thursday December 11th @ 7:00 pm w/Lizz
Sunday December 21st @ 5:00 pm w/Lizz

Holiday Retail Hours

extended to meet your shopping needs

Mon - Thur 10 am - 8 pm

Friday Closed

Saturday 10 am - 4 pm

Sunday Noon - 4 pm

Black Friday Sale

Pure Barre will be extending our Sale until December 6th!

- ◆ *SNUG Camisoles 2 for \$45*
- ◆ *all Pure Barre products - 20% OFF (tees, DVDs & towels)*
- ◆ *all non-sale lululemon & skyler 10 % OFF*
- ◆ *Sale rack prices reduced even lower!!!*