

CONGRATULATIONS TANYA EDWARDS!!! winner of our monthly drawing. She gets 5 Free Pure Yoga classes. Enjoy this chance to calm your mind & body before the holidays begin.

2008

◆ OCTOBER SPECIALS

If you refer a friend during the month of october you will be entered into a drawing to win a **FREE pair of Exersox!!**

SALE!!! Take an additional **40% Off** the lowest price of everything on our sale rack - don't miss these deals!

We'll help you save some dough during these tough times...
Save \$2 for Two weeks on the price of any 5 - 20 package. That's up to a \$40 Savings!
 20 pack is \$15/class = \$300
 15 pack is \$16/class = \$240
 10 pack is \$18/class = \$180
 5 pack is \$19/class = \$95
 Offer good October 1 - 15, 2008

Pure Results - Traci Webb

This month we are pleased to feature a newbie Pure Barre devotee, Traci Webb. Traci has only been taking pb for 3 months but is already seeing amazing results! "I saw definition in my arms and abs almost immediately. I have also significantly developed my quads, glutes, and hamstrings since starting class. All around, I feel stronger and more flexible." Traci attends pb & barre cardio regularly because "It's fun! Each class presents a new challenge, and the instructors encourage you to push your limits (one more inch!). Seeing short-term and then longer-term gains keeps me coming back. And, cute clothes." (*that part can be motivating too:*)... She started taking classes when "a male colleague at work recommended Pure Barre to me. He had tried the class and said that it was pretty intensive. So I thought to myself, if he thinks that, then it must be a good workout! I took his recommendation and started coming for a change of pace from running. At that point, I was running low on self-motivation and also looking for something to improve muscle tone, so Pure Barre sounded like the perfect solution. Since I have scoliosis the asymmetry of my body is often a challenge in class, but it also motivates me to work that much harder to improve the condition. All of the core and balance exercises in class help tremendously." In her free time Traci enjoys the outdoors, including hiking, camping, snowshoeing, skiing, biking, running, the beach & when indoors knitting & home-brewing with her husband!



Thank you Traci for letting us at PB help motivate you & improve your muscle tone & core stability every week!

** Pure Recipe **

Apples with Dip

- 8 oz fat-free cream cheese
 - 2 T brown sugar
 - 1 1/2 t vanilla
 - 2 T chopped peanuts
 - 1/2 c orange juice
 - 4 apples, cored and sliced
- Place the cream cheese on the counter to allow it to soften, about 5 minutes. Combine brown sugar, vanilla and cream cheese in a small bowl. Mix until smooth. Stir in the chopped peanuts. Place the apples in another bowl then drizzle orange juice over the apples to prevent browning. Serve the sliced apples with the dip.

**Stop by your local orchard or cider mill for fresh apples & a fun-filled fall afternoon!*

Breast Cancer Awareness Month

Pure Barre is going pink for October! During each class this month we will share a fact/story with you to help spread the word. Feel free to share yours!

From Lizz - Thank you to all clients & friends who helped support me last weekend while I walked the 3 Day. I met many strong, courageous women & even supportive men, including a man who raised over \$17,000 & 1 person devoted to walking 13-3 Day's - that's over \$28,600 raised & 780 miles walked to find a cure! During the walk, a survivor stopped me to compliment my boobie band, which i made for my entire Mammary Makers team, & i was able to give her an extra one from my pack; her gratitude made my heart flutter. We are still selling Pink Boobie Bands through the rest of the month with all proceeds going to Susan G. Komen for a Cure. Gets yours for a \$5 donation and wear pink this month!

We don't yet know how to eliminate Breast Cancer, but early detection can help your chances of survival. Stop by our changing room for instructions on giving yourself a Self-Breast Exam, which should be done every month!