

CONGRATS
HEATHER SMITH!!!

winner of our
monthly drawing.
She gets \$25 Pure
Barre dollars to
reward herself or
give to a friend!

2008



pure barre

◆ AUGUST SPECIALS

If you spend over \$100 in retail during the month of september you will be entered into a drawing to win **5 FREE Pure Yoga classes!!** calm your mind & body this fall with a little retail therapy & yoga.

We'll make it easy for you to **FALL** back into your routine...
When you **attend 3 pb classes** in one week you will receive a **4th class FREE!** Commit to this routine and your body will change by month end.
Must use 4th class during the week 3 classes were attended, or it will expire.
1 Week is Monday - Sunday & ends Sept. 28

Pure Results - Leslie Berlin

This month we are pleased to feature Leslie Berlin, who started taking classes at Pure Barre about a year ago. She has tried every class we have offered, sculpt, yoga, pure barre, kickboxing...she likes the variety! "All the classes are extremely motivational and the instructors are very friendly and helpful. Also, emphasis on correct form is a primary focus which ensures you're receiving the maximum benefit." Since starting at Pure Barre she has "noticed more defined leg muscles. I've been working out for many years, but these classes have been able to further develop my leg and seat muscles." She also adds "I've joined many clubs where you feel like a mere number and I have to say, the staff at Pure Barre has a genuine concern for their clients. You will never feel intimidated to try new classes." Leslie works for Ford Motor Company & always comes in with a let's get down to business attitude after a long day at work. She loves "the flexibility of purchasing either a month of classes or a preset number of classes. With my hectic travel schedule, this has allowed me to continue my workouts and not become discouraged."



Thank you Leslie for making PB your regular after work addiction!

* Pure Recipe *

Spinach Frittata

1 cup fresh spinach
2 egg whites
1 egg yolk
1/8 t black pepper
3T part skim ricotta

Heat oven to 350F. Pour 1/2 inch of water into a small saucepan and bring to a simmer over medium-high heat. Fit a steamer basket in pan. Place the spinach in the steamer, cover, and steam until the spinach is wilted, 1-2 minutes. In a bowl, whisk together the eggs & pepper. Stir in the steamed spinach. Pour the mixture into a 6-inch nonstick oven-proof skillet. Top with spoonfuls of the ricotta and bake 12-15 minutes. Using a rubber spatula, slide the frittata onto a plate; sprinkle with additional pepper if desired.

♣ Schedule Changes

We have some new Pure Barre class times for the fall, so unwind from those long summer days with an hour for yourself. Join us for these new class times:

Tuesdays ~ 6:00 am & 4:30 pm
Thursday ~ 4:30 pm
Friday ~ 9:00 am
Saturday ~ 8:30 am

*check the schedule online at
purebarrestudio.com for other
time adjustments.*

Also, try our New PB Cardio.

This class fuses barre work with non-impact cardio exercises & light weight work for maximum fat burning.

Tuesdays @ 6 pm
Wednesdays @ 9 am

Welcome Denyse Peterson

Our newest instructor at Pure Barre!

Denyse joins us with many years of experience & an extensive background in group exercise classes & personal training. We hope you enjoy this new class time, starting September 3rd, & look forward to other great additions too!

Wednesday ~ 10:15 am Pure Yoga