



**pure barre** - our exclusive technique - The Pure Barre Technique (PBT) is the fastest, yet safest way to change your body. PBT fuses dance, Pilates, Yoga, and Lotte Berk exercises while utilizing the ballet barre to create the most intense and effective 55-minute workout that exists. The results of PBT are: flat abs, thin thighs, a lifted seat, toned arms and sculpted backs. PBT is an intelligent exercise technique- each strengthening section of the workout is followed by a stretching section in order to create strong, long, lean muscle without the bulk, while increasing range of motion. PBT will not only quickly transform your body, it will clear your mind, help you focus and contribute to a happy and healthy life.

**pure cardio** - a non-impact cardiovascular work out that hustles each muscle to its limit. This class ensures noticeable toning of each main muscle group, heart healthy exertion/elevation, increased bone density and maximum caloric burn. We will keep the 'groove' on until you sweat!! This class is like no other you have ever taken... so, be sure to bring a towel!

**abs blast** - you will have an invigorating 25 minutes to thoroughly work every layer of your abdominals using weights, balls, bands and, of course, the barre.

**abs/cardio** - this class may be taken as a 30 minute class or as an hour long class. The first 30 minutes will be designated to ab and core work, and the last 30 minutes will be a healthy blast of cardio. Taken together, they make the perfect class :: taken separately, they make a wonderful accompaniment to Pure Barre!

**flex tone build** - a strengthening and toning class that uses the large Pilates balls and the resistance bands to hit all major muscle groups. The low impact nature of the class makes it great for all ages and fitness levels.

**flex tone build, jr.** - this is a wonderful introduction to working out and healthy lifestyle tips for the 10-14 year old young lady. Sign your child up for this class, if you are interested in her increasing flexibility, toning major muscle groups, developing balanced coordination, building overall core strength and learning a few healthy lifestyle tips. The class incorporates weights, cardio, resistance, aerobic, balance, stretching and nutritional insight into one energizing hour. Parent/ Legal guardian signature is required on studio fitness release prior to first class.

**power ballet** - this class takes the four central principles of ballet - strength, agility, balance and flexibility - and fuses them into a fun and effective workout that anyone can master. But don't let that fool you; the class is an invigorating and challenging workout like none other! The classic moves are performed to the latest hits, so we will have you reliving your ballet days with a modern twist in no time. This class will add a wonderful and inspiring new diversity to your workout regimen. No previous ballet experience is necessary!

**yoga** - it's an invigorating class for all levels, that will rebalance your body alignment, dissolve unwanted tension, build strength, increase flexibility, and improve balance. Whether you are an experienced Yogini or completely new to it, our highly trained instructors will be able to guide you into a practice that you will find it hard to live without.

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## **PURE Balance** for mature beginners (50+)

This series is designed to cater to the individual who is interested in adding a healthy fitness regimen into her lifestyle, but has not had much fitness experience lately or even at all. It is a grouping of classes at 10:30 a.m. and Noon for "mature beginners" (*women that are 50 years of age and older*) that are interested in building strength, developing flexibility and increasing bone density in a safe and well-rounded manner. We will provide you with convenience, variety, personal attention, a welcoming atmosphere, and a better overall sense of well-being. The classes offered for this series range from: **Flex, Tone, Build // Power Ballet // Abs & Flexibility // and Yoga**. It is your choice of how you want to mix it up, and you get a discounted package price for this series. We will move at a gentler pace to safely help you build up your strength and endurance. Please inquire at the studio for more information!

**PRIVATE CLASSES AVAILABLE** - pure barre, yoga, abs, and more - if you or a group would like to reserve the studio for a private class all to yourselves, then we would be happy to accommodate you! A private class will require prepayment and a 24 hour cancellation policy.