

April Newsletter

It's official ... it's SPRING!!

YAYE!

*There are a lot of exciting things going on
at your favorite fitness studio!!*

CALLING ALL power walkers ...

*We are interested in starting a team walking or jogging group,
are you interested, too?*

Please sign up at the studio to let us know what time you prefer,
and we will get out into that beautiful sunshine!

Spring Scheduling!!

: we know you die-hard Pure Barre-ini's will love *this* one :

How about a Pure Barre Plus treat?

Please sign up at front desk for one or both of these special *extended*
Pure Barre Plus classes.

You've heard of the Abs Blast ... well, by popular request,
we are happy to introduce

... "**Cardio Blast**" ...

!!!25 challenging minutes of heart pumpin' fun!!!

***Please check attached schedule for current class times
for all our classes!***

HMS Club Card

We have signed up as a retail partner with 'HautemommaStuff.com' to
raise money for The Lexington Cancer Foundation.

Check our their website to learn more about

Your shopping passport to haute style and a great cause!

Please note:

We will be closed on Sunday, April 12, 2009

April Special ... bring 2 new clients to Flex, Tone, Build,
and get a free one for yourself! Be sure to identify
your Flex Tone Build guests at the front desk,
so we can give you your class!

