

Pure Barre Boot Camp

Boot Camp :: A military training camp for new recruits, with strict discipline.
Well, it isn't going to be *military* training, but it WILL be tough and with strict discipline (on the part of the participant, that is). This program is only for the dedicated.

We are pleased to report that we have a wonderful group of "recruits" for our inaugural Boot Camp . a devoted bunch, all looking to reach different goals :: some want to get a quick shape up for a special occasion, some are looking for a jumpstart to develop a new routine, while some truly can't resist a challenge.

If you are interested, we have already started a sign up sheet for a
September Pure Barre Boot Camp!!

Have you tried one of our FOCUS classes yet?

They have been received with rave reviews . if you love Pure Barre, and want to mix it up a little bit, then give one of these intensive classes a try!

You can take one of these on Friday 6:00 am or Sunday 4:30 pm

Not only are the Pure Focus 1 ½ hours but the class "focus" rotates each month. So far, we have had Pure Burn (a cardio class) and Bye Bye Inner Thighs (uses the ball through entire class) , and

our August Pure Focus will be:

"Waist" Away!

SCHEDULE CHANGES:

Thursday and Saturday 9:00 a.m. classes will now be "pure cardio"
Yoga classes are Tuesday/Thursday at 12 pm and are pre-registration only

Client Spotlight!

We want to take this opportunity to feature a few very special clients of Pure Barre!

Laura Boison:

We can't say enough about Ms. Laura! Not only has she been our biggest cheerleader and recruiter, but she also has been incredibly dedicated to the PB Technique! She is truly a trusted friend and an outstanding woman! Thank you, Laura!

Diane Currie:

Diane began taking Pure Barre as a result of her doctors' orders to incorporate more strength training into her fitness routine . Diane has become a true testimonial to the benefits of Pure Barre! Her doctor reports a significant improvement in her bone density. Way to go, Diane!

Teresa Wallen:

Teresa has been a loyal follower of the Pure Barre technique since November 2007 . She comes to classes on an average of 4 times per week. She always has a smile on her face and works out to her max in each and every class! The results show, too!

*We are accepting applications for TRUSTWORTHY, FRIENDLY & MOTIVATED
part-time desk help!*

Please contact Amanda and Edie for details!

