

Are you ready for the Summer? Are you ready for some fun in the sun (with your sunscreen, of course)? Are you ready for the cook outs and ice cream sundaes?

WELL, WE ARE READY FOR YOU!

FINALLY, we have settled on our new Summer Schedule...

It was *grueling*, and we have desperately tried to create one that will suit most timetables!

Look for some 7 am classes and more 8 am classes!

Check out our new Iron Yoga ... also offered on Saturdays, now!

Body Ball Core, which fuses cardio and killer core work, has moved around, too!

**:: PURE FOCUS ::**

**:: pure burn ::**

Just wait until you try our NEW Pure Barre Focus classes on Sundays!

We know that these will be very popular, so we will offer early sign up for these specials.

Our June, Pure Focus will be named **pure burn** ... and, it is sure to

*BURN THOSE CALORIES!*

Carrie has never created a class like *this* one, and we can't wait for you to try it!

There is a lot of full body movement, shadow boxing, lunges, and major ab work ...

The lovely Dustyn and Amanda will be teaching these specials.

Each month, there will be a new "Focus" ...

so, don't miss out!

To reserve a spot, prepayment or class package is required.

**:: IRON YOGA ::**

*Build strength, balance, flexibility and sculpt that body with intense muscle control!*

Get ready to experience a Yoga class that is PURELY unique to Lexington...

You will experience an intense class with

Flowing poses, hand weights and endurance!

**Balance** is a key component of the fitness "pie"... without it, you are not providing your body with the work it needs to fight off the effects of aging... as we age, our spines curve and get weaker, our toes lose flexibility for stability, and bone density decreases!

...did we mention the music?

the music is pulled from our Pure Barre repertoire!

Check out all our zippy new fitness wear in the studio ...

Not only are we the exclusive LuluLemon dealer, but we also carry the beautiful

Skyler and Rese Pilates lines exclusively!

We also have some LuluLemon for men, if you are looking for his favorite

Father's Day gift!

Are our new instructors the BOMB, or what?

Thanks to you ALL for making them feel so welcome as they grow into teaching the technique (which is definitely not an easy task)!

We welcome your comments and suggestions, so please share them with us!

Just so you are a well-rounded Pure Barre-ista ... we are attaching our National Newsletter for your reading pleasure ... we hear that there is an interesting article on the Studio of the Month!!!! Hmmm... who could THAT be?