

How is it possibly November already?

The holiday season is officially afoot!!

So, enjoy your celebrations, but continue to make time for your workout regimen, too.

GIVING BACK

In the spirit of Thanksgiving we will be conducting a toy/clothing drive for The Reindeer Express at The Nest, A Center for Women and Children. Soooo, if you happen to think about it, please pick up and drop off either a new toy or a new warm winter coat/hat/gloves for these deserving kids (there is the biggest need for kids ages 10 -15).

NOVEMBER SPECIALS:

Not only do we have some new moves in our classes, but...

- ** When you purchase a 20-class package in November, we will give the gift of three Abs Blast classes!
- ** When you purchase a monthly unlimited of Pure Barre in November, we will give you the gift of unlimited Abs Blast classes!
- ** If you purchase either the 20 class *OR* the unlimited you will receive a *special* gift from Belle Vie!

ABS BLAST

Have you tried one of our Abs Blast classes? Not only does this class sculpt your abs, but it is also a great jump-start to your regular Pure Barre class! If you have struggled with Roundback, Flatback, or Abs, then this is the answer for you! The Abs Blast will build strength and endurance *quickly*, and you will be able to maximize those PB abdominal sets.

DURING NOVEMBER, WE WILL BE REPLACING SCULPTILATES WITH AN ABS BLAST, THURSDAY'S AT 6:45 PM

YOGA -YOGA -YOGA!

It's time to expand your fitness horizons!

Do you ever feel exhausted, off balance, stressed, or like you just need to get centered?
Do you ever wish there was a time where you just could slow down and do something good for yourself to make your body and mind stronger?

Yoga can actually relieve stress, lower blood pressure, enhance your immune system and much much more!

We are introducing a NEW YOGA SERIES in November with Yoga instructor Corinne ~ Corinne has fallen in love with our Pure Cardio class, and she is excited to share her extensive knowledge of Yoga with our PB clients!
– this is an opportunity that you do not want to miss!

A three week 30 minute series on Mondays and Fridays starting Monday Nov. 10th immediately following the 9 am Pure Barre!

For signing up, pricing and details, please inquire further at the studio!

THANKSGIVING HOURS

We will be closed Wednesday November 26th at 1 pm through Friday November 28th in observance of the Thanksgiving holiday.

There is a chance that we may hold one Friday class, so we will keep you posted!

We hope you have a wonderful celebration with your loved ones!