

## October **Pure Barre** Newsletter

### **IT'S TIME TO "FALL" BACK INTO SHAPE!!**

If your regular Pure Barre regimen has been put on hold, then it is officially time to get back into the swing of your PB routine! Luckily, your muscles have an amazing memory ... they will lift and tone right back into that beautiful shape in no time!

Our **Pure Barre BootCamp Challenge** was a wonderful success!!  
Look for our next BootCamp Challenge after the New Year! In the meantime, we are always happy to privately consult and to track any of our clients, so just ask!

Also, all those dedicated boot campers get to enjoy a 20% discount on  
Lululemon or (our new) ALO fitness wear!  
Congratulations on all your hard work and commitment!

Speaking of **ALO** ... please try on our newest fitness clothing line! **Air Land Ocean** is an earth friendly "green" product composed of natural fibers like bamboo. The clothes are light, soft to the touch, and very flattering! We expect more into the studio this month!

Also, new **Lululemon** is arriving all the time  
... keep your eyes peeled for our chic-fitness shipments!

### **Schedule changes:**

Big News ... the 8 am class is evolving into  
a *new class* at 8:30 am on Monday/Friday : **ABS BLAST!!**

Oh, you all had better watch out – Amanda is creating this "yummy" abs class JUST for you! Get a BLAST in before your 9 am Pure Barre class OR, if your short on time, just come in for a quick 30 minute BLAST all on it's own!

ABS BLAST BONUS --- No tricks ... only treats! If you purchase a new 20 class package or monthly unlimited in October, then we will thank you with  
3 complementary ABS BLAST classes, our treat!

ALSO, introducing a new ...  
mid-afternoon Pure Barre : Wednesdays at 4:30 pm!

**Please see the attached schedule for our entire  
New Fall Class Line Up ...**

(there have been many changes, so please check the schedule thoroughly)

Call to book your private pb group class now (5 person min. please)!

**PB tip:** **Tucking your hips under** is *key* in order to get the full advantage of our technique. Really focus this month on maintaining that strong tuck on ALL seat sections, roundback and abs section : even try closing your eyes to intensify your focus...  
Pure Barre is 80% FOCUS, and you need focus to *keep* your form.

