

barre buzz



Order your Pure Barre towel and DVD today!

Purchase at your local studio or buy online

You can have pure barre in your hometown by **licensing** a studio or the technique to teach in an existing facility. Contact info@purebarre.com for details.

Carrie's national tour coming soon!

Take a class from the founder of Pure Barre at your local studio. This month, Carrie will be touring the midwest and east coast studios and will be teaching at the following locations:

Ann Arbor, MI- July 25th (Grand Opening!) Saginaw, MI- July 25th, Northville, MI- July 26th, Birmingham, MI- July 26th, Washington, DC- July 27th

Contact your local studio for times

Has Pure Barre changed your body?

If so, we would love to hear about your transformation. We will be posting testimonials on purebarre.com to acknowledge your accomplishments and inspire others. Please send your story to info@purebarre.com

Studio of the Month.....San Diego, CA

Q&A with Mary Aschiers and Tracy Hoffman, owners of Pure Barre's newest location- San Diego.

How did you and Tracy start a partnership?

It started when Tracy's youngest son, Wyatt, met my youngest, Owen at preschool. Wyatt was enrolled in my mobile gymnastics program at the preschool and loved the class. Tracy had the concept of opening something for kids and moms, and concept of Rock 'n Tumble (kids gymnastics, parties & clothing boutique!) came to be!

When did you start doing Pure Barre?

When my good friend came home from an extended stay in Detroit, raving about this amazing exercise, Pure Barre, I was very curious. When Carrie brought the practice to San Diego I was at the first or



second class and was hooked!

What made you want to bring Pure Barre to Rock N Tumble?

It is a perfect fit for our program...the moms being able to get an amazing workout is the missing link!

What is unique about your Pure Barre studio

What is unique, is that we have a Pure Barre studio built into our

children's gym, which provides a great opportunity for moms to workout, while their children are supervised while having a blast: jumping on the trampoline or into the pit, climbing the rock wall, tumbling, hanging, swinging...its a win -win!

Go to purebarre.com for more information on location and classes.

carrie's corner

Do you have things on your "to-do" list that have been there forever- they just keep getting carried over to the next week's list? Re-written on the next month's list...and each time always at the bottom of whatever list they appear on?

I do. So last week I decided I was going to work my list "bottoms up". On Monday, I would start at the bottom of my list and then proceed to the top. I prepared myself for what I knew was going to be an awful week and on Sunday night treated myself to a full pint of Ben & Jerry's to prepare. The next morning, feeling miserable, guilty and fat, I began.

A funny thing happened- I cruised through the bottom of my list... and...it wasn't that bad. In fact, at times it was enjoyable. I felt 100 pounds lighter with those lingering "to-do's" now crossed off (although part of feeling lighter could have been that my sugar levels had finally subsided).

It is human nature to do the things we enjoy and are good at and back-burner the things that we are not so fond of. However, we make things worse in our minds then they really are.

To avoid the self-sabotage and stop wasting time and energy, we really need to "just do it". The people who came up with Nike's slogan knew what they were talking about.

I was at Staples the other day and they have this battery operated button- you push it, and it says.... "that was easy"...in this kind of "I told you so...duh" tone. I bought it. I carry it around with me and after I do a "bottom to-do"...I press it. It makes me laugh at myself and realize how absurd I can be. It makes other people look at me strangely when I press it in a public place.

So maybe committing to an exercise plan or buying a package of classes is on the bottom of your list. Or, maybe attending a Pure Focus is a bottom dweller. Challenge yourself to just do it this month- I promise- it is that easy....button from Staples or not!

carrie ☺



Pure Playlist

1. Supermassive Black Hole, Muse
2. Buzzin', Shwayze
3. Venus, Bananarama
4. Your Love (Limelight edit), TOPMODELZ
5. Damaged, Danity, Kane

Maximize your workout and your results with **july's PURE FOCUS: BYE BYE INNER THIGHS**

This 1.25 hr session utilizes the ball and incorporates intensive inner thigh exercises which will burn away fat and leave you with slender, sexy inner thighs. Check with your local studio for date and time!

*proper positioning
Seat- kneeling work*

Seat- kneeling work

Kneeling seat work is amazing for creating that little hump in the back of your leg. The tendency is to let your back sink and lift your leg higher. However, it is more effective to keep your tailbone heavy, lower back rounded and leg height lower. By doing this, you provide the body more resistance to work against and in turn will see better results.