

barre buzz

PURE BARRE COMING SOON TO . . .

LA JOLLA, CA
&
ANN ARBOR, MI

Maximize your workout and your results with
june's PURE FOCUS: PURE BURN

This 1.25 hr session is a non-impact cardio version of PB designed to burn calories and fat quickly to get you bathing suit ready! Check with your local studio for date and time.

pure barre dvd

available now on purebarre.com and in July on-line at barnes & noble, amazon, mtv and more!

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.

studio of the month
lexington, ky



Meet Lexington, KY studio owners **Amanda Arnold** and **Edie Green**. Amanda and Edie have done an amazing job and reflect as they celebrate their 1-year anniversary of ownership. We are pleased and proud of our accomplishments. Who would have ever known that a previous teacher/realtor/mother and trust officer/United Way fund raiser/teacher/mother would find themselves working together and co-owning the most effective fitness regimen in the state! It truly has been a very exciting chapter in our lives, with only better things to come!

The business has grown and our enthusiastic client testimonials continue to bring in more and more new patrons! ...but, how could you go wrong with such a superior and invigorating workout that inspires every client? People are smiling when they walk into the studio and they are smiling on their way out ... that is what makes us successful!

We make it a high priority to motivate and to support our clients to lead healthier, happier and balanced lives. While in our studio, it is important to us that we take the extra step to assure the fact that everyone feels welcomed and supported! Today, it seems as though, the world is full of impersonal and mass-produced services, and we want to be sure that is anything but the case while they are in our studio! Clients get fast results and personal attention!

Together, we are helping lift, tone and burn our clients' bodies into smaller sizes with healthier hearts! ...and THAT is a great feeling!

carrie's corner



At times, life can be overwhelming for us all. How this manifests in each of us is different. As I get older, I recognize that when things seem impossible, I get an anxious feeling in my stomach and my head runs a mile a minute.

Last week I was dealing with a career related issue that was causing me sleepless nights, unwelcome breakouts and constant dumping on my poor brother. It was consuming me and I couldn't get out from under it. I found myself daydreaming about what it would be like to be on the "other side". "Other side" meaning a life at home with a husband, kids and 2 dogs.

Looking for someone to join my pity party, I called my best friend in Detroit (supermom of 3 boys). "Are you lying down?" I asked when she answered the phone- she didn't sound like herself. "No"- she sighed- "I'm just anxious- I'm waiting for a call from the principal". Her first grader had been dealing with a bully at school and it had gotten pretty serious. "It's been going on and on and it's all I can think about".

The lights went out on my pity party and on in my head. It wasn't any better on the "other side". If it weren't anxiety about my job, it would be anxiety about something else...like my husband, kids or 2 dogs. When it comes down to it, life is not easy for anybody- no matter how it appears from the outside.

I say all the time "the grass is never greener", but saying it is easy, the challenge is believing it and living it!

carrie ☺

Pure Playlist

1. Mercy by Duffy
2. Viva la Vida- Coldplay
3. Take You There- Donnie Klang
4. Shake It- Metro Station
5. If I Never See Your Face Again- Maroon 5/ Rihanna

PURE PRODUCT

Just In...Pick up your custom PB exersocks in your local studio or on purebarre.com.



proper positioning
Thighs- chair

Chair is a highly effective thigh position. When setting up, make sure your arms are straight and your back is straight- legs can be either together or hip-width apart, flat feet or relevae. Bring your seat towards knee level. Holding this position is work enough! Small movements up and down will intensify the exercise and leave you with toned, lean thighs in no-time!