

feel the burn



Many women dream of achieving a dancer's physique, and search tirelessly for the ultimate workout that will give them the best results in the least amount of time. A revolutionary, ballet-inspired workout promises to do just that, transforming the body in record-breaking time!

Pure Barre® is an intense total body workout that fuses elements of ballet, Pilates and weight training. "It's an athletic approach to ballet and Pilates," says Founder and CEO Carrie Rezabek,

who has extensive training in dance, Pilates, fitness and the popular Lotte Berk Method, NY. Having taught everything from step aerobics to spinning, Rezabek was unable to find a workout that adequately targeted the areas of the body that all women struggle with: abs, hips, seat and arms. Realizing that there was a gap in the market for a workout that "did it all in an hour," Rezabek developed Pure Barre. "I wanted something that was safe that I could do forever but that really worked."

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live well

PURE BARRE TECHNIQUE

Eager to try Pure Barre for myself, I attended my first class at the Cherry Creek studio. If the sheer number of students is any indication, Pure Barre is very popular. Closely resembling a ballet studio with floor-to-ceiling mirrors and a ballet barre that wraps around the room, I questioned whether I had mistakenly signed up for a ballet lesson until our instructor turned the dance music up and the pulsing beat filled the room. Needless to say I was relieved to find out that pirouettes were not a requirement nor was it necessary to have dance experience. "As long as you can hold on to the ballet barre, you're fine," says Rezabek.

Pure Barre utilizes the barre to perform small isometric movements that work each muscle to fatigue, followed by a series of stretches to create long, lean muscles without adding bulk. Rezabek explains that most other workout techniques don't work the muscle to a state of fatigue and yet it is the fastest way to change the shape of your body. Make no mistake—this workout is NOT for the faint of heart. It will likely take new students 10 classes just to acquire the mind and body connection necessary to fully complete many of Pure Barre's moves. Within minutes of working at the barre, I could feel my legs beginning to tremble and a strangely satisfying warming sensation through my muscles,



PURE FITNESS CRAZE

Since the very first Pure Barre studio opened in Birmingham, MI back in 2001, there are now more than 30 franchised locations across the nation, including multiple locations across the Front Range—Cherry Creek, the Highlands, Greenwood Village, LoneTree, Broomfield and Boulder. To get students started, Pure Barre studios are offering a new client special. For \$100 clients receive unlimited classes for 30 days. For new moms there is a three-month Baby Bounceback package for \$375 dollars as well as a DVD series that's ideal for moms who need to be at home with their kids. Go to purebarre.com to find out more and sign up for classes.

all without moving my body parts more than a few inches.

BARRE BENEFITS

Pure Barre claims to be the fastest, most effective way to change your body. A 55-minute session lifts the seat, tones the arms, thins the thighs and sculpts the abs. Rezabek encourages clients to come to class on a regular basis for best results. "If you did three classes a week for three or four weeks, you'd be shocked at what happened to your body. We've had women drop two or three sizes in a month."

Described as "intelligent exercise," Pure Barre is also one of the safest workouts thanks to its many small, low impact movements. Rezabek explains how there's no jumping or bouncing involved, which means there's no pressure placed on the spine. "You could be 70 years old or have a back injury and do it. It's really rehabilitative in a lot of ways," says Rezabek.

Like Yoga, Pure Barre also benefits the mind as well. This workout presented me with a much-needed opportunity to switch my mind off for an hour and concentrate on each movement. "It essentially works like meditation because for an hour your brain is so focused on yourself and your body that it's a big release," says Rezabek.

Competition is fierce and many other companies are trying to mimic Pure Barre technique. But as creator of Pure Barre, Rezabek explains that no one really understands the science behind it the way she does. "It's just like the Toll House cookie recipe, if you're off by one ingredient, it's not going to be the same cookie!" **D**

