

CONGRATS
TRACI WEBB!!!
winner of our
monthly drawing.
What a treat to
enjoy 40% off any
retail item - just in
time for new fall
apparel!

2008

◆ **AUGUST SPECIALS**
LAST BLAST FOR SUMMER
\$10 OFF 10 Pack
\$15 OFF 15 Pack
\$20 OFF 20 Pack
Good for both class types
Offer ends August 31st

Buy ANY class package
during the month of august and you
will be entered into a drawing to win
25 Pure Barre dollars!!
Give a gift to a friend or treat
yourself.

Happy Waist Widdling! ☺

❖ What is Pure Focus??

Ever wonder just what is so special about our monthly Pure Focus classes? They have the same amazing benefits of pb, but add segments to focus on different body parts. This month enjoy your favorite pb class with extra abs!!!

Come see what the fuss is all about. *For this month only, if you buy a Pure Focus class you get one FREE Pure Barre class! That's ONLY \$7 for a FOCUS class...a can't miss.* (must be used within 30 days)

all classes \$30 - sign up & prepayment required

WAIST AWAY to defined, sculpted abs & a tapered waist!

Thursday August 14th @ 6pm or
Sunday August 24th @ 4pm

PURE BURN is back! fun barre cardio, that burns calories!

Sunday August 10th @ 4pm or
Thursday August 28th @ 6pm

Pure Results - Susan Presley

This month we are honored to feature a downtown Northville resident & Pure Barre frequenter, Susan Presley. Susan started taking pb in late 2007. She enjoys pb because "it's the first workout that I haven't gotten bored with. It's set up in a way that you work hard to see results, but it remains a challenge because of the variety. I'm developing muscles that I forgot I had! I've dropped a size, I'm definitely more toned & people are starting to notice! The very best thing about pb is the self esteem it builds. I feel stronger, healthier & younger. It's mood enhancing & I have so much more energy. My family has noticed that I'm happier & its fun to shop for clothes again!" Susan also enjoys home renovation & recently completed 2 homes in downtown Northville! Last month Susan joined our team helping work the desk. Please introduce yourself next time you see her so she can get to know our wonderful clients and join us in welcoming her to our studio staff!



*Thank you Susan for deciding to join our team!
We are pleased to be able to help make your life happier!!!*

* Pure Recipe *

Noodlicious Zucchini Pancakes

2 x 8 oz. pkgs. House Tofu Shirataki Noodles
4 egg whites
1 cup pancake mix
1 tsp. salt
3/4 cup green onions (scallions), chopped
4.5 cups zucchini, shredded
1 cup finely sliced fresh mushrooms
Rinse noodles & cut into 2-3 inch pieces.
Combine egg whites, pancake mix and salt.
Stir in rest of ingredients. Place skillet over medium heat, and coat with non-stick cooking spray. When hot, scoop 1/3 c of the mixture onto the skillet. Cook until underside is golden, then flip and cook the other side. Continue until all the batter is gone. Makes 15 4-inch pancakes.
Serve with a dollop of fat free sour cream or even some salsa. Yum!
*from hungry-girl.com - also substitute tofu noodles in your favorite pasta recipe!

*Georgia's
Going Away
classes & sale*

join us for a farewell celebration before she moves to Chicago
Saturday August 9th - her last classes!!!

9:30 am Pure Barre

10:30 am Sculpt

Plus, stop in that day from 10 am - 3 pm & get 15% OFF ALL packages & retail!!!