

July news

CONGRATULATIONS  
KATHY WHEELER!!!

winner of our monthly drawing. Free classes just for loving Pure Barre & buying a package during June. It doesn't get better than that!

2008

◆ JULY SPECIALS

Pure Focus Series:  
**BYE BYE INNER THIGHS**  
1.25 hr class to burn away fat & leave you with slender, sexy inner thighs  
Sunday July 13th @ 4pm  
\$30 - sign up & prepayment

Our inner thighs look great in lululemon reverse grooves!  
**Buy ANY Lulu pant** during the month of July and you will be entered into a drawing to win **40% OFF any one retail item!!**

Happy Thigh Trimming! ☺

**Pure Results - Carrie Rezabek**



This month we are honored to feature the owner & founder of Pure Barre (PB), Carrie Rezabek, originally from Plymouth, MI. She wants to make PB a national business because "I truly believe PB is the most effective workout that exists. I see it change bodies every single day. We have women who have tried every form of exercise and are ready to throw in the towel because it is just not working for them- they try PB and are so happy to have found something that actually works. It not only works, it is fun! The music, the energy of the group, feeling like you are part of something bigger- that is what PB is all about and that is why I want every woman to be able to experience it. It really is a lifestyle." When not working out she enjoys hiking, biking, reading, writing & taking too many pictures of her puppy Bella! Carrie will be stopping by our studio this month, so check out the details below...

Thank you Carrie for helping lift our seats!!!

**One Class Only** w/guest instructor Carrie  
Saturday June 26th @ 9:30 am



Dont miss the chance to take pure barre from the creator herself. This class will fill up fast, so sign up at the front desk today! (a package or prepayment is required to save your spot.)  
10:30 am Sculpt on the 26th will be Pure Barre w/Lizz - come take class w/Carrie.  
See you there!

♣ **Schedule Changes**

Sunday 4 pm &  
Thursday 6:15 am Pure Barre  
are now regular classes!

You no longer have to sign up, so please join us!  
Monday 7:15 pm Kickboxing will now be Slow Flow Yoga with Kristin! (starting July 14th)

We will also be canceling Yoga on Monday & Wednesday @ 10:15 am & Thursday @ 7:15 pm.

\* Pure Recipe \*

Fruit Kebobs w/lemon lime dip

- 4 ounces lemon yogurt
  - 1 teaspoon fresh lime juice
  - 1 teaspoon lime zest
  - 4 to 6 pineapple chunks
  - 4 to 6 strawberries
  - 1 kiwi, peeled and diced
  - 1/2 banana, cut into chunks
  - 4 to 6 red grapes
  - 4 wooden skewers
- In a small bowl, whisk together the yogurt, lime juice and lime zest. Cover and refrigerate. Thread 1 of each fruit onto the skewer. Repeat until the fruit is gone. Serve with the lemon lime dip.

4th of July  
Holiday  
Schedule  
Thurs-Sun

Thursday July 3rd  
9:00 am & 6:00 pm Pure Barre ONLY  
Saturday July 5th  
9:30 am Pure Barre ONLY  
ALL other classes CANCELLED  
\*sign up in advance no longer required :)

Are you interested in a part time job? Would you like FREE fitness classes & discounted workout apparel? If so, Pure Barre is currently looking for friendly desk staff. Please let us know at the front desk if you are interested or know the perfect person for the job!  
pure barre fitness studio . 248.305.8414 . www.purebarrestudio.com . northville@purebarre.com