

June news

Pure Focus: Pure Burn
 Saturday, June 28th
 8:00 am w/Lizz
 *an intense 1.25 hr
 non-impact cardio
 version of pure barre.
 cost is \$30
 sign up & prepayment
 is required

2008

◆ JUNE SPECIALS

School is out and time is on your side!! Attend **10** Pure Barre classes during the month of June & we will discount your next package of classes **20%!!** That can add up to \$68 in savings!!

Also, if you **buy ANY** package of classes during the month of June you are entered to win a **FREE 5 pack** of Pure Barre classes!!

And remember, the first class of Pure Barre is always free...so bring a friend!
 Referrals = savings!
 Happy Seat Shaping! ☺

Pure Results - Gina Scappaticci

This month Pure Barre Northville is recognizing downtown Northville resident, Gina Scappaticci, as our Client of the Month! She has been attending Pure Barre since March 2008 and takes 3-5 classes per week. What keeps Gina coming back every day is that pure barre is a Challenge she cant conquer! She thought "after turning 45 and having a baby I would never be able to get my body in shape again, but this does it. It's my daily vitamin! This actually changes your body in just one hour a day." Her favorite part of pure barre is the seat and the lifted, rounded results it creates. When not spending her free time with her adorable son Rocco, she enjoys traveling, biking and any outdoor activity.



Thank you Gina for taking pure barre every morning to start your day off right and keep your mind & body healthy!!!

As a tribute to all Pure Barre Dad's, we will be have a special yoga class on **Saturday, June 14th @ 11:00 am.**
Bring your Dad to yoga and Dad takes class for FREE!!

Really, doesn't he deserve it??
 (Father's are also welcome to come solo...we'll allow it ☺)

From all of us at Pure Barre...
Happy Father's Day!
 (10:30 am sculpt will be cancelled this day)

* Pure Recipe *

Thai Spiced BBQ Shrimp

- 3 Tbs fresh lemon juice
 - 1 Tbs soy sauce
 - 1 Tbs Dijon mustard
 - 2 cloves garlic, minced
 - 1 Tbs brown sugar
 - 2 tsp curry paste
 - 1 lb medium shrimp-peeled & deveined
- In shallow dish mix together lemon juice, soy sauce, mustard, garlic, brown sugar & curry paste. Add shrimp & cover. Marinate in the refrigerator for 1 hour.
 Preheat grill for high heat. When grill is hot, oil the grate. Thread the shrimp onto skewers. Transfer the marinade to a saucepan and boil for a few minutes.
 Grill shrimp for 3 minutes per side or until opaque. Baste occasionally with the marinade.



Thank you to Patty Klarr for setting up a Pure Barre Demonstration at the Northville Relay for Life in May. We had a wonderful group of participants and offered one lucky person a free 5 pack of classes for their dedication to cancer & joining us that day... Congratulations Kaila Adam! We look forward to seeing you in class.

New Retail Hours at Pure Barre

we will now be closed noon - 4:30 pm Monday through Thursday. if you would like to shop during those hours please call us to set up private shopping!!

Walking
 Wednesdays
 Wake up & walk

get your cardio fix before sculpting with Pure Barre to help burn more fat!
 meet us at the studio, 8:15 am for a 30 minute power walk around beautiful downtown northville!

