

BODYPRESS

SUMMER 2009



Tina Talk

Hello to Everybody! I hope you are enjoying your summer! I want to thank you for your continued patronage of BodyPure, especially during these difficult economic times. I don't know about you, but I find that working out helps to relieve some of the stress associated with the financial worries that many of us are facing. To try and help relieve some of the stress on our wallets, BodyPure has added some Pilates Half and Half classes to the schedule. Half and Half is a combination of Pilates Reformer and Mat work...it is a challenging class and it is being offered at the same price as a Pilates Mat class...and you can use your cardio/sculpt packages also! We have also added an Intro to Vinyasa Yoga class every other Sunday and it is only \$10! It is taught by Thaira, who many of you know from taking classes at the studio. She is a certified Yoga Instructor and is GREAT at what she does! I encourage you to try these new classes...they are a GREAT compliment to your fitness regime. Also be on the lookout for the return of Super Sculpt after Labor Day! Congratulations to all of the new BodyPure mommies who have recently delivered little bundles of joy to the world! Please enjoy the rest of the summer and I look forward to seeing all of you at the studio!! Love to ALL!

Tina



We need your help!

BodyPure as the Best Pilates Studio

*Vote for Detroit's best at clickondetroit.com
& check out our online coupon!*

voting ends August 31st - so vote now!

New HALF & HALF classes!

Monday

8:30am w/Paula &

6:30pm w/Laura

Wednesday

7:30am w/Paula &

5:30/6:30pm w/Laura

Thursday

7:30am w/Sandy &

5:30pm w/Paula

Friday

7:30am w/Tina

Intro to Vinyasa ~ Vinyasa is a form of yoga that uses various series of flowing postures to create heat. The teacher will guide students through each flow together, eventually having students move at their own pace. Intro to vinyasa is a great class for students new to yoga who want to learn the basics of an ashtanga based practice, while still reaping the rewards of a physically challenging class. Practice is typically accompanied by music.

We will be hosting this beginner level class every other Sunday at 10 am starting August 9th. Cost is just \$10! No previous experience necessary! Come for BodyPure...Stay for Vinyasa...a GREAT combination!!!!

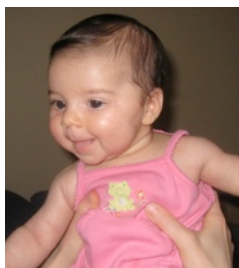
**1 FREE HALF
& HALF CLASS**

Good until September 12th

WELCOME OUR NEWEST BODYPURE BABIES!!!

April 24, 2009

Melissa's
daughter
**Alexis
Khoury**



May 4, 2009

Cindy's
son
**Aidan
Mullins**



July 15, 2009

Celia's
daughter
**Sophia
Smith**

