Pure Barre Studio in Scottsdale Delivers Results Fast

Written by Nadine Toren

Television personality and AZfoothills.com columnist Nadine Toren is scouring the area, finding savvy Valley features, bringing readers "on the scene." Every day she'll introduce you to celebrities, athletes, and give you an inside look into local events and hot spots. She'll touch on topical issues, and keep AZ fans posted on all the big talkers around town.

Everybody's doing it, and no, I'm not talking about *that.*

Size-zero A-list celebs are forming that picture-perfect body by frequenting Pure Barre, a sexy exercise trend that recently made its way to the Valley.

It has the rep to kick your butt, but you'll appreciate your re-vamped behind just in time for summer.

"Most of the women say they drop pants sizes right away," said Purre Barre, Scottsdale owner, Marirose Weyand.

Sisters Marirose and Veronica Weyand made their way from Michigan to Scottsdale to open the Valley's first (and only) Pure Barre franchise.

They say the total body workout burns fat and produces lifted seats, toned arms, thin thighs, and flat abs.

The best part of all…it's said you'll likely see a difference within the first seven classes.

Weyand and her sis asked their dad to invest in their Pure Barre endeavor, and things immediately took off.

Valley gals are going crazy over the workout targeted for women.

It was designed for dancers to elongate their bodies, and focuses on small, isometric movements.

The 55-minute session starts with a 15 minute core warm-up, and after stretching, you'll make your way to the ballet bar.

That's when you'll feel the burn.

You'll work your thighs and abs, as pop music plays keeping you pumped.

"It's fast-paced, cardio intense, and low impact so it will not affect your joints," said Weyand.

Weyand says classes attract women of all ages…from the savvy Scottsdale 20-something, to 76-year olds striving to stay healthy.

But Valley vixens aren't the only ones hopping on the Pure Barre bandwagon.

Oscar winner Natalie Portman put the workout fad on the map after strutting her stuff in the movie, "Black Swan."

Kelly Ripa is now ripped because she works the bar…

And so is Kelly Osbourne, who evidently dropped plenty of pounds because of the intense exercise.

"Many celebrities are welcoming the fabulous changes in their bodies."

The Weyand sisters took on the franchise from dancer/choreographer Carrie Rezabek, the fitness guru who created Pure Barre.

In 2001, Rezabek opened her first studio in Birmingham, Michigan, and by 2006, franchises started popping up nationwide.

When Marirose and Veronica inquired about launching a studio, Rezabek suggested they conquer the Valley, so the Weyands opened Pure Barr, Scottsdale in June.

All you have to do is check out one of the many daily classes offered at their Scottsdale Road and Gold Dust location, and stay tuned for their Phoenix studio opening soon. (www.purebarre.com)

Single drop-in classes start at $23, but you can opt for a monthly unlimited rate for $225, but since you're a devout "On the Scene with Nadine" reader, the Weyands are offering you a special discount.

Mention "AZFoothills.com" and get $5 off a drop-in class…

You'll get a head start on that bikini body, going from flab to fab in no time.

Click here to Like Nadine on Facebook!