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Unlimited Free Classes This Month for Teachers, Nurses at Pure Barre Darien

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If you're a teacher or a nurse, here's a free offer from Pure Barre Darien fitness studio in the Noroton Heights Shopping Center: Take as many classes there as you can schedule in during the month of May, at no charge.

Here's the announcement:

Pure Barre Darien is showing its appreciation for the hard work and dedication from teachers and nurses by offering free classes through the month of May at the studio, located in the Noroton Heights Shopping Center.

To coincide with Teachers Appreciation Week and the start of National Nurses Week, new clients who are in either profession can take unlimited free classes through May 31.

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“Teachers and nurses work tirelessly to educate and to care for our children, families and our community, and many rarely find time for themselves,” said Kristin McClutchy, co-owner, Pure Barre Darien.

“National Fitness Month coincides with Teacher and Nurses Appreciation weeks, and we wanted to provide an opportunity for these professionals to come in and take some well-deserved time for themselves while getting a great workout.”

Research shows that regular exercise helps to reduce stress and anxiety, improves sleep and mood, and boosts energy. Pure Barre provides a total body workout in just 55 minutes, and it’s the fastest, most effective, yet safest way to change the body.

The concentration involved while taking Pure Barre allows clients to block “life” out for the hour, creating the mental benefits similarly obtained by the practice of yoga or meditation and providing a transformed body and clear head.

This offer is available to teachers and nurses who are new clients, or who have not visited Pure Barre Darien in six or more months. For more information on Pure Barre Darien or to sign up for classes, please visit www.purebarre.com/ct-darien or call (203) 309-5690.