



'Belles and Beauty' by Boutique Sport

Frame Studios, Shoreditch and Benefit Boutique, Spitalfields

Saturday 10th December, 2011

Following the success of 'Yoga in a Boutique' last month at Fever Store London, it's time to get into the festive spirit and head along to 'Belles and Beauty', the next exclusive event brought to you by Boutique Sport, on Saturday 10th December, 2011!

The event will be held at Frame Studios, Shoreditch, followed by the Benefit Spitalfields Boutique and offers the opportunity for ladies to immerse themselves in exercise, beauty, socialising and festive cheer!

Kicking off with a Cardiokettlebell class, ladies will be guided through an energetic workout, focusing on low weight, high repetition exercises which promise full body toning!

Following the class, there will be the opportunity to shower and change into something a bit more glam before heading to the Benefit Spitalfields Boutique where they will be treated to 10% discount off all purchases, FREE beauty demonstrations and mini makeovers courtesy of the Benefit in-store team all whilst enjoying some festive refreshments.

All attendees will leave with a FREE Boutique Sport 'bouti' bag including Benefit discount vouchers, a free class pass from Frame Studios and a Boutique Sport tee.

Entry is £10.00 per person and with the invitation available for just 32 ladies, make sure you sign up NOW at <https://regonline.activeeurope.com/boutiquesport> to avoid missing out!

To be the first to hear of other events by Boutique Sport, sign up for their newsletter at <http://www.boutiquesport.com/members/join>

Notes to editors:

About Boutique Sport

Boutique Sport is a women's only campaign designed to encourage young women to maintain active and balanced lifestyles, by breaking down the barriers to participation and creating opportunities for them to take part in physical activity and premium events. Boutique Sport uses hooks that resonate with young women - such as fashion, beauty and friendship -

to gain their interest and keep them motivated and engaged. Following the launch of Boutique Sport in 2009, the campaign has included; Boutique Run at Battersea Park, London in July 2010 and 2011 and a series of more exclusive experiences including; 'Yoga in a Boutique' and 'Boutique Running Club'. The team aims to continue growing its events calendar with a variety of exclusive events such as pilates, cycling and dance.

For further information on Boutique Sport please contact Leigh Jenkins on 0207 299 0913 or Leigh.Jenkins@limelightsports.com