



WESTCHESTER  
**WOMEN**  
MAGAZINE

SUMMER 2025

TIPS FOR A  
**TIDY KITCHEN**

THE 2025  
**SUMMER  
DINING**  
GUIDE

**SECOND ACTS**  
NEW CAREER FOCUS





# WESTCHESTER WOMEN MAGAZINE

SUMMER 2025

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# River Cruising for Every Type of Traveler:

## *A Unique Voyage Tailored to You*

BY BARBARA NICHUALS, BAYSIDE TRAVEL

River cruising has evolved beyond the quiet, slow-paced trips of the past. Today, it's a vibrant and customizable experience for a wide variety of travelers. Whether you're chasing adventure, bonding with family, traveling solo, or searching for the road less traveled, there's a river cruise perfect for you.

### **The Active Traveler: Adventure Beyond the Shoreline**

Modern river cruises are packed with options for those who want more than a lounge chair and a scenic view. Active travelers can expect daily excursions that include biking through medieval towns, hiking up vineyard-covered hills, kayaking alongside castle-lined rivers, or taking guided runs through historic cities like Vienna or Budapest.

Cruise lines such as AmaWaterways focus on wellness that goes beyond spa treatments, onboard yoga, and fitness classes — they also include active excursion options at nearly every port. You're never far from your next expedition, even while cruising.

### **The Family Group: Setting Sail with the entire Family**

With variety, easy logistics and the appeal of only having to unpack once, river cruising is becoming a top pick for multi-generational families who want to explore together without the stress of constant transit. Intimate ships (usually under 200 passengers), no massive crowds, and smooth sailing, it's an ideal environment for both grandparents and young kids.

Some lines, like Tauck Bridges, offer kid-friendly itineraries, cultural workshops, scavenger hunts, and hands-on history lessons. The built-in flexibility means everyone — from curious teens to history-loving elders — can find something to enjoy, while still reuniting at dinner to share the day's stories.

### **The Off-the-Beaten-Path Traveler: Secret Stops and Hidden Gems**

If you're the kind of traveler who wants to avoid tourist traps and find the soul of a region, river cruises can be surprisingly off-grid. Sailings along the Douro River in Portugal, the Elbe in Eastern Germany, or the Mekong through Southeast Asia offer access to places most travelers never reach.



AMAWaterways craft itineraries around lesser-known locales, offering visits to remote villages, culinary experiences with locals, or private museum tours. River cruising will become your gateway to the world's quiet, undiscovered corners.

### **The Solo Traveler: Safe, Sociable, and Enriching**

For solo travelers, river cruising offers a rare mix of freedom and connection. Smaller ships foster a strong sense of community — you're likely to dine with new friends, join group excursions, or relax in lounges where conversation flows as easily as the river itself.

Some cruise lines like Viking, cater to solo adventurers with waived single supplements on select sailings, solo cabins, and social meetups. Plus, with all logistics handled and cultural immersion built into each stop, solo travelers can experience the world with confidence.

River cruising works for all types of travelers. You only have to unpack once while seeing multiple destinations, and inclusive amenities make budgeting easy and stress-free. In addition, and smaller ships allow for access to intimate ports and experiences while expert guides provide deep cultural context at each stop.

River cruising is no longer just for retirees or luxury-seekers. Whether you're cycling ancient wine routes, sharing the magic of Europe with your kids, venturing solo, or seeking the soul of a destination far from the crowds — there's a river cruise that fits your style. The world's rivers are waiting. Plan to set sail today.

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# SUMMER

## DINING GUIDE

### Marcello's Restaurant



Discover the warmth and elegance of Marcello's Restaurant, located at 33 Fifth Avenue in Pelham, where timeless Italian flavors meet modern sophistication. Begin with a handcrafted cocktail or glass of wine at the beautifully renovated bar. Whether you choose to dine indoors in the refined dining

room or al fresco on the patio, Marcello's offers an inviting ambiance for every occasion. The menu showcases the best of traditional Italian cuisine, featuring expertly prepared steak, fresh seafood, house-made pastas, and signature wood-fired pizzas. Planning a celebration? Marcello's offers a full catering menu with a wide selection of appetizers, salads, pastas, and entrées. Marcello's received the Open Table Diners' Choice Award in 2024 and 2025. Call 914-654-8599 to make your reservation or inquire about catering.

offerings, fuses classic mixology techniques with a modern twist. If you're looking for a place where the food is made with passion, the drinks are poured with care, and hospitality is at the heart of everything, then North Pelham is the perfect place. Visit [www.north-pelham.com](http://www.north-pelham.com) to view their full menu and book a reservation.

### Rafele Rye



Rafele Rye, Michelin-rated four years in a row, is run by Naples-born chef Raffaele Ronca. Raffaele has won accolades for his cooking from the James Beard Foundation and others. The impeccable cuisine combines classic Italian dishes with Neapolitan influence. Both the kitchen and dining room staff are committed to bringing fresh ingredients paired with the finest wines and friendly service allowing for a superior experience and lasting memory. Their private dining and events space comfortably seats up to 80 guests. A unique feature of the restaurant is its custom-built wine cellar housing an extensive collection of wines. Inquire with their hospitality specialist about reserving your next party or event at Rafele Rye. Visit [www.rafeleye.com](http://www.rafeleye.com) to view the full menu and book your reservation.

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North Pelham Bar & Grill is more than just a restaurant – it's a place where food, drink, and community come together in perfect harmony. The menu is a celebration of fresh ingredients, expertly prepared by talented chefs. North Pelham prides itself on using locally sourced produce, premium meats and sustainable seafood to ensure every bite is as delicious as it is memorable. Their bar program, designed to complement their food

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## DINING GUIDE



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handcrafted pizza, housemade pasta, and signature cocktails, every dish reflects their shared passion for authentic Italian cuisine. Step inside to enjoy warm hospitality, a stylish atmosphere, and flavors that feel like home. Visit [italianovenofny.com](http://italianovenofny.com) to learn more.

### Gordito Kitchen



Neopolitan chef Raffaele Ronca steps outside his comfort zone to explore Spanish and Mexican cuisine at Gordito Kitchen, his creative, colorful, and well-received new restaurant in downtown Rye. Gordito Kitchen, at 24 Purchase Street, is next door to Rafele Rye, a popular Italian restaurant that has become a staple of Italian fare since opening in 2018.

Embracing Raffaele's passion for exploring new horizons, Gordito Kitchen features Raffaele's imaginative take on classic Spanish and Latin fare, including tapas, paellas, burritos, salads, desserts, and cocktails. Menu highlights include Torrija French Toast, Carne Asada, Arroz con Pollo and the Nacho Sundae, just to name a few. Visit [www.gorditokitchen.com](http://www.gorditokitchen.com) to view the full menu and book a reservation.

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continued on page 8

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# SUMMER

## DINING GUIDE

continued from page 7

County. Highlights from their expansive menu include antipasti-like eggplant rollatini or mozzarella caprese, specialty entrees like Short Ribs Toscana, Chicken Scarparo, or Authentic Italian Pizza, fresh pasta dishes and traditional Italian desserts such as Tiramisu or Tartufo. Alessia's also offers a full catering menu as well as a private party room accommodating up to 60 people. Open daily for lunch and dinner, Alessia's is located at 551 Halstead Avenue in Mamaroneck, with a private parking lot behind the restaurant for guests. Visit [www.alessiastrattoria.com](http://www.alessiastrattoria.com) to view their full menu, book reservations, order online for pick up or delivery, or purchase a gift card.

### Bartow-Pell Mansion



Bartow-Pell Mansion Museum's Secret Garden Fundraiser will support approximately 5,000 students each year who participate in programs, workshops, and special events. On

average, 16,000 visitors come to enjoy historical tours and participate in special events, theatre, and musical performances. With your support, we can maintain the Greek Revival Mansion and continue to offer programs that bring to life the site's rich history and connect visitors to the natural world on this historic National Landmark property. Your consideration and support of Bartow-Pell Mansion and Garden is much appreciated. To learn more, visit [www.bartowpellmansionmuseum.org/events/save-the-date-secret-garden-party-fundraiser/](http://www.bartowpellmansionmuseum.org/events/save-the-date-secret-garden-party-fundraiser/). Bartow-Pell Mansion Museum, 895 Shore Road, Pelham Bay Park, Bronx, NY 10464, [www.bpmm.org](mailto:www.bpmm.org), 718.885.1461. Photo credit Louis Vaccaro.



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# At Home with Hurwitz

## Tips for a Tidy Kitchen

BY LAUREN HURWITZ



The kitchen is the heart of the home – a space where memories and meals are made, and often times...the site of huge messes. If kitchen clutter is taking over, don't rush. Scott Weinlein, a design consultant at Majestic Kitchens in Mamaroneck (<https://majestickitchens.com/>), suggests taking time to do a sort of forensic inventory of what you have in your kitchen. Assess what you and your family use on a daily basis versus weekly. This will give your designer a, "clear direction on what will fit in each space—and what type of specialty products they need to include inside each cabinet to help organize it or make it easier to access."

Even if you're not doing a gut renovation, Elise Marchese, owner of the Kitchen Shop in Pelham (<https://www.thekitchenshopllc.com/>), says there are various easy must-haves that can be implemented in your current kitchen making the space more organized. Marchese says upgrading your junk drawer by adding a charging station within the drawer so you can plug in phones and computer devices is easy to do with aftermarket products without renovating your entire kitchen. "I also love a utensil drawer which is different from your everyday silverware because it holds all of your tongs, whisks, spatulas, wooden spoons, and scissors and helps you stay organized without a lot of effort," she says. If the kitchen is large enough, you can even create workstations, "...where you'll have one section for coffee and morning breakfast. A beverage center for items such as a coffee pot and small toaster, away from the stove and main sink so people aren't on top of each other," she suggests.

You may also want to consider opting for some vertical storage organizers. "Vertical storage in deep cabinets above the refrigerator or an oven cabinet is a great place for muffin tins, cookie trays, and wire racks that won't fit in a regular cabinet. Each item will have its own dedicated storage space since you're storing vertically. Now you don't have to dump everything out to get to the one item and that's a better use of space," Marchese advises.

Speaking of space, a common concern among Weinlein's clients before they begin their redesign is not having enough space or ease of access. So, he recommends carefully selecting doors throughout the kitchen, such as sliding doors on pantry and/or wall cabinets giving greater visibility to everything at once.

"Another option are doors that pull out with the wire racking attached so you can see what's on both side of the wire racks," making it easier to keep everything in order, as well as pocket doors that open up and provide the most out of the space. Weinlein has other great ways to hide clutter from counters with an

array of modern door options.

For example, doors that pocket into a cabinet, installing countertops inside of tall cabinets so appliances like blenders and coffee pots can be hidden away in a more modern way. This is

continued on page 13



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# second acts

## *Fabulosity & Fitness*

BY LAUREN HURWITZ

Last year, Lindsay Gerspach did a complete 180 in her work life by opening The Lark in Irvington where modern fitness studio meets social sanctuary where women come to gather. The Lark defines itself as part social club, part workout spot, part cafe and curated retail shop – not necessarily what you would expect from a former Chief Marketing Officer in the startup world. After being laid off in 2023, Gerspach began working out more consistently, listening to podcasts, reading books, thinking about mindfulness and getting her head in a better place. “I wanted to learn more about my mental health and being in a more positive space so I could be a better partner and parent because I was always tired...and that’s how The Lark came about,” the entrepreneur says. She was interviewing for lots of jobs that were more entry level, not offering great salaries and wanted her to do two or three jobs in one so she could fit into their budgets. With 20 years of dance under her belt, Gerspach couldn’t find a place to marry her love of fitness with her work, along with the need for social connections and an overall sense of having somewhere to belong. Through the Lark, Gerspach says, “it turns out you can feel better and make an impact while feeling better physically, but also feeling better about how you spend your time. I knew I still wanted to work, but I wished there was a place or space that could bring all of these things together.” The Lark has built a sense of community by offering a modern fitness studio and social club for women who stay-at-home, are on break, or maternity leave, are working corporate jobs and need an early morning or late night class – and every woman in between.

Gerspach still works long hours, but now that she’s working for herself never feels like she just spent 12 hours staring at a computer screen for someone else’s benefit. “Instead, I feel good about my long days because I’m doing something that’s important for my community that I can see, and it feels and hits differently,” Gerspach says. “If you’re thinking of making a change, just do it. You’re never going to know everything so just go for it and learn as you go. You’re going to learn on your feet, no matter what,” she advises.

Michelle Gross is another local entrepreneur who came to her current career from a totally different background. Before founding Studio50 Fitness and Studio 50 Wellness and Aesthetics in Mamaroneck, she was working full-time as a nurse, mostly in the operating room. Once she started having children, work-life balance became hard because she never knew what time she was getting out of the OR. It became increasingly more challenging to take care of her family, and she knew she needed to make a change. “I started dialing it back to part-time, and then eventually it got to a point where I wanted to be



working more again. I said, if I could reimagine everything and start over, what would I do with my life? I realized I loved wellness, learning about nutrition, fitness classes, and yoga. What if I could take all these things and put them together in one house so you don’t need a membership all over the place? There is value to that – and so we built Studio50.” Within six months, Gross’ studio was up and running and she quickly leaned in full time to her new space...and new life.

Gross describes Studio50 as an efficient and fun boutique fitness studio where they offer group classes, Lagree which is similar to the work done on a Pilates reformer machine, hot barre and hot yoga sculpt, and more. While it’s a co-ed studio, they typically attract, “women anywhere from their teens through their 60s. Everything we do here is low impact and designed to be very safe. I want people to have a workout to do for the long term without getting injured. Everything is science-based, and all our workouts are curated with science behind them so they can be the most efficient and appropriate,” Gross says.

“If I had known how much I had to learn to start my studio, I probably would have been too scared to do it. The naivety served me well. There was a two-year period when every day I was learning something new. I had no business background, but I made it work, I love that my life is exactly what I want it to be. I’m able to balance family and work and I’m super passionate about my studio. I’m constantly learning, reading and growing. The people here are amazing. Not just our staff, but our clients are also like family. It’s a joyful place to be and I can’t imagine working anywhere else after working here,” Gross concludes.

<https://www.thelark.club/>  
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# From Mommy Makeovers to Daddy Do-Overs

## *The Team at Greenberg Cosmetic Surgery and Dermatology has Every Body Summer Ready*

BY STEPHEN T. GREENBERG, M.D., F.A.C.S.

If you've been considering cosmetic surgery but are unsure which procedure is right for you, Greenberg Cosmetic Surgery and Dermatology's team of world-class doctors creates customized packages to individualize each procedure providing optimal results. Their offices in Manhattan, Scarsdale, Long Island and Princeton New Jersey offer personalized body sculpting packages designed to meet your specific goals.

If your body has changed due to pregnancy, the Modern Mommy Makeover package may be ideal. This package includes procedures such as breast surgery, tummy tucks, liposuction, cellulite reduction and vaginal rejuvenation which can help restore your pre-pregnancy figure. Men can benefit from the Daddy Do-Over package, which features hair restoration, gynecomastia surgery, and liposuction. For brides who want to look their best on their special day, the Bridal package offers treatments that target stubborn body fat, including liposuction.

**Breast Surgery:** Breast surgery is among the most popular cosmetic surgeries in the U.S., helping to restore confidence in your appearance. Several types of breast procedures are available, including breast augmentation, breast lift and breast reduction, each designed to address specific concerns.

Breast augmentation increases the size of the breasts with implants filled with either saline or silicone gel. A breast lift, on the other hand, restores the shape and volume of the breasts that may have been lost due to weight loss, pregnancy, or nursing. Breast reduction surgery removes excess fat, tissue, and skin from the breasts and provides relief from the weight of overly large breasts. In some instances, a breast reduction may even be covered by insurance.

**Tummy Tuck:** If you have had one or more children or experienced significant weight loss, a tummy tuck (abdominoplasty)

may be a good option. This procedure helps to achieve a firmer, less bulky stomach and a defined waistline by removing loose, sagging skin and fat while tightening the abdominal wall. Insurance may also cover a tummy tuck after extreme weight loss.

Greenberg Cosmetic Surgery and Dermatology offers full tummy tucks or mini tummy tucks, which focus on the lower abdomen. These procedures are less invasive and require less time for healing.

**Liposuction:** Even when you eat right and work out, sometimes your body fat won't budge. This could be due to genetics, changes in hormones, or lipedema (a condition that causes excess fat to build up in the lower part of the body). Liposuction is a popular cosmetic surgery that gets rid of stubborn body fat permanently, creating the body you want. The procedure can be performed on various areas of the body, including the stomach, hips, thighs, buttocks, back, neck, arms, and legs.

Greenberg Cosmetic Surgery and Dermatology's team of board-certified surgeons are leaders in cosmetic enhancement and correction, changing the lives of patients from celebrities to everyday people.



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## NoMa: A Manhattan Vibe with a Family Heart in the Suburbs Celebrating 50 YEARS!!

Step into **NoMa Social**, and you're instantly transported—suburban New Rochelle surroundings fade away, and in its place is the electric energy of a Manhattan downtown lounge. Smiling faces, upbeat music, and a contagious sense of excitement welcome guests to a place where food, atmosphere, and connection all come together seamlessly. Something Colby Brock's grandfather had a vision in 1974 when the property was built. Her father made a reality in 1975 and continues to live on today through his daughter Colby.

At the heart of NoMa's culinary and hospitality success is a powerhouse team: **Owner & Hospitality Industry Leader, Colby Brock;** **Executive Chef Gio Rivera**, originally from Guatemala, brings passion and creativity to every dish; **Marie Palomba**, the dynamic General Manager, keeps the front-of-house operations running like a well-oiled machine; and **Rob Salese**, the Restaurant and Lounge Manager, is the energy and strategy behind many of NoMa's innovations.



Left to right: Executive Chef Gio Rivera, Marie Palomba, Colby Brock, Peter Brock (father) and Rob Salese at their 50th Anniversary celebration in April.

up, now leads a tight-knit, 12-member kitchen team—many of whom have been by his side for years.

### A True Family Legacy

The warmth and unity of NoMa can be traced back to the Brock family, who have helmed the restaurant and hotel for generations. Colby Brock, the current matriarch of the operation, embodies that legacy with grace and grit. Prior to working with her father in the family hotel restaurant business, Colby obtained a degree in psychology, a masters' degree in interior design, and working for other hotel companies. While working for her father, she followed his guidance

and began her journey at the front desk, later expanding her experience to include housekeeping and restaurant operations. "Colby is the mami bear," says Rob. "She finds the best in everyone and every situation. They let you do your job—no micromanaging."

Colby's leadership is rooted in deep trust. When she chose Marie Palomba as General Manager, it was with full confidence. "She has the chutzpah," Colby says proudly. Marie agrees, describing their working relationship as "completely in sync" and expressing her deep gratitude for the trust the Brock family has placed in her.

### More Than Just Dinner

Beyond the main dining experience, NoMa offers expanded banquet and event menus, ideal for celebrations big and small. As well as, event spaces and conference meeting rooms available within Hotel NoMa. In fact, NoMa Social has become a cherished landmark where generations of families gather. "People come in and tell us they were proposed to here, or celebrated anniversaries decades ago," says Rob.

Dessert is always a delight, with rotating favorites like the indulgent Fried Ice Cream and the gooey Chocolate Chip Sundae earning repeat praise.

### The Secret? Love What You Do

Every person at NoMa shares one thing in common: passion. Whether it's in the kitchen, behind the bar, or greeting guests at the door, the staff's dedication is clear.

"You have to love what you do," says Chef Gio—and at NoMa, that love is felt in every bite, every smile, and every unforgettable evening.

### A Menu with Meaning

Chef Gio's Spring/Summer menu showcases fresh, daily-sourced ingredients and an ever-evolving roster of weekly specials. One dish that has become an insider go-to favorite is the **Chicken Scarpariello** (photo left)—a rich, savory plate that's just as beloved in Chef Gio's home as it is on the dining room floor. Its sauce is so craveable that guests have begged for it on

other dishes, and the team is even considering bottling it as "**Gio's Sauce**."

Another standout is the **Mixed Grill**, expected to become a seasonal staple, and the soon-to-be-introduced **Short Rib Ravioli**—a dish customers have been requesting for months. "People set the buzz," says Rob, "and it's our job to make them happy."

### The Team That Weathered the Storm

Rob joined NoMa just before the pandemic hit in 2020. "Two weeks into the job, everything shut down," he recalls. But he and Chef Gio didn't fall out of rhythm. They served meals to first responders and members of the National Guard, keeping the kitchen alive and their mission intact.

The bond between Rob and Gio is the cornerstone of NoMa's success. "It's crucial to have a strong relationship between the front and back of the house," Rob says. "One team, one goal." That spirit has permeated the entire staff. Chef Gio, who began as a sous chef and worked his way





## At Home with Hurwitz

continued from page 9

an especially great idea in newer kitchens that have electricity in the cabinets. You can use an appliance while it's in the cabinet. When the doors are closed, it simply looks like a traditional pantry cabinet. Just be sure you don't use a toaster oven inside a cabinet as he warns. They generate too much heat and should always be removed from a cabinet when in use.

The new "big thing" is having beverage and snack drawers in another section of the kitchen that can house juice boxes and bites for little kids. Weinlein says this teaches a bit of independence. It keeps children occupied and away from other kitchen activities taking place. Snack drawers are a perfect place to throw in chips, cookies, and more. He adds some beverage drawers can even convert from a beverage drawer into a freezer and back again. You can switch up how you're using the space depending on your needs on any given day, great for entertaining.

Another growing trend is finding more practical ways to store dishes. Because windows spans have become larger near the sink is, that means you lose cabinet space. So where do you store your dishes? Most people do it in the cabinet to the left of the windows, and then the glasses and mugs to the right. But with oversized glass windows becoming more common at the kitchen sink, you need to think of an alternative. Dishes are now going in drawer bases that have special expandable devices that conform to the size of each round dish, you can take them out and then load them in and out of the dishwasher.



Whatever upgrades you choose, Marchese says to, "Live in the home for at least six months to figure out what works and what doesn't work. Then, sit with someone like a kitchen designer and review everything. It's not just about the organization within the kitchen even though that's a big part of it. It's also about the flow in and out of the kitchen which is just as important as where the spices are going to go, where the cutlery goes, and proper lighting for each area." You want to create a realistic budget and make wise decisions on how you spend your money. Lastly, Marchese reminds her clients, "Nobody regrets spending the money on the extra things they know they will keep them organized or keep the sustainability of the kitchen for years."

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# Having a Healthy Pregnancy at Age 35-Plus

The number of women in the U.S. giving birth at age 35 and older has steadily been growing. Between 1990 and 2023, birth rates increased 71% among women ages 35-39, 127% among women ages 40-44 and 127% in women 45 and older, according to the CDC. Researchers cite several reasons for this increase, including changing social expectations and values; prioritizing education and career earlier in life; waiting longer to get married; and improvements in reproductive technologies. No matter the reason, there are several things to keep in mind when considering pregnancy if you are 35 or older.

## The Pregnancy Journey

First, as women age, our fertility is reduced – a process that begins in the early 30s. By mid-40s, most women have difficulty conceiving naturally, and the average woman begins menopause at 51.

While there are always inherent risks to getting pregnant, older women may face more complications. These include difficulty in getting pregnant, as well as an increased chance of multiple births due to the body's releasing more than one egg as it goes through hormonal changes. The risk of multiple births also rises if you are undergoing in vitro fertilization (IVF) treatments – one of the many options for couples having difficulty conceiving.

Once pregnant, your chance of developing gestational diabetes is also more common. Your physician will check you for gestational diabetes, but remaining physically active can be very important. Following as much of your regular workout routine can also keep you feeling calm and comfortable and may help during labor and recovery.

## Risk Factors & Recommendations

While women over the age of 35 often have great outcomes and healthy babies, there are some other risk factors to keep in mind. As we age, there is the potential for:

- A higher risk of pregnancy loss, often due to pre-existing medical conditions or the baby's chromosomal conditions. It is important to talk with your provider about genetic screenings and the optimal time for getting screened
- A greater risk of premature birth
- An increased risk of a baby born much larger or much smaller than average
- A higher chance of a C-section delivery



I recommend the following measures to make your pregnancy and birth as smooth as possible:

- Take prenatal vitamins with folic acid and docosahexaenoic acid (DHA), an omega-3 fatty acid that can be vital for a fetus' and infant's brain and eye development
- Keep up with your appointments, as you will be monitored for signs of preeclampsia or gestational diabetes
- After delivery, try to be up and mobile as soon as you can; this helps with your recovery either from vaginal or C-section delivery

Having a baby at any age is one of life's great joys, but being aware of the risk factors involved – especially if you are 35 or older – is essential to ensuring you are prepared for what is ahead. Your physician is always your greatest resource, so be sure to let us know your plans so we can help you every step of the way.

Dr. Karimah Smith is a board-certified obstetrics and gynecology physician at White Plains Hospital Physician Associates in White Plains. To make an appointment, call 914-328-8444.



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An advertisement for Pure Barre. It shows a group of women in a studio, performing a barre exercise. The studio has large windows and a red 'p' logo on the wall. The text 'pure barre' is in the top right corner. A large white text overlay says 'FIRST CLASS FREE!'. Below this, it says 'Scan to book today!' next to a QR code. At the bottom, it lists locations: 'Bronxville | Rye Brook | Scarsdale | Mamaroneck'.





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