

BY LAUREN FOSTER

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S INSIDE Scoop

A Rope Swing with a Refreshing Splash

Redhook Ale Brewery's seasonal Rope Swing Summer Pilsner makes a dive into the spirit of summer with its "clean, bright, thirst-quenching quality." The beer goes nicely with some of summer's favorite dishes like barbecued chicken, fresh fish, bratwurst and green salad. Rope Swing Summer Pilsner will be available in grocery stores and on draught through July. **Details:** redhook.com

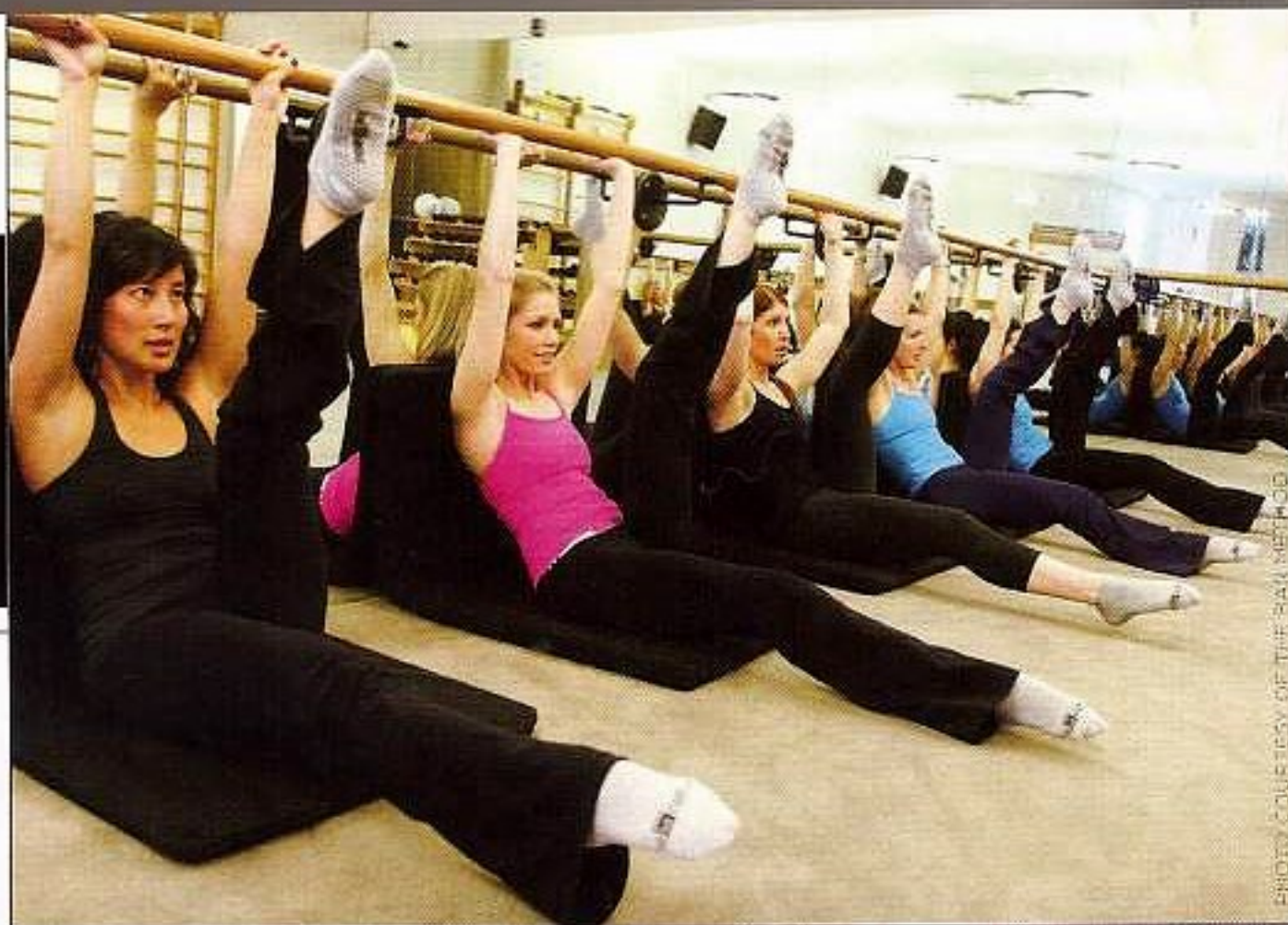


PHOTO COURTESY OF THE BAR METHOD

Raising the Bar on the Eastside

With a combination of ballet conditioning, pilates and yoga, Bar Method is a new innovative workout that has won acclaim nationwide. With celebrity fans such as Drew Barrymore and Kelly Osbourne, it's no wonder Bar Method has become the popular new fitness craze in Redmond. Josie Bissett loves it, too! **Details:** seattle-eastside.barmethod.com