

### **Bridal Packages:**

Are you ready to get in shape for the big day? Check out our new offerings, geared to meet the needs of the busy bride-to-be and / or her future hubby. We're happy to work with you—no matter how much (or how little) time you have before the big day.

**Calm, Cool and Collected Bride** – You're organized, focused and had your wedding planned from the day you said "yes." Show off your best body in that amazing dress when you tie the knot—and look great while hitting the beach on your honeymoon!

Package features:

- Six months of individual training sessions
- One nutrition session

Prices start at \$276/month

**Not a Bridezilla** – Planning a wedding takes a lot of time and energy. It's no wonder you're a bit overwhelmed, reaching for cookies rather than fruit. With a few months left until your special day, there is plenty of time to get on track to look and feel your best walking down the aisle.

Package features:

- Three months of individual training sessions
- Six small group training classes
- One nutrition session

Prices start at \$394/month

**The Final Fitting** – Before you say 'I Do' get ready for the final dress fitting. To make sure you're fit and feel your best in that one-of-a-kind gown, ramp up the workouts and get your body in tip-top shape!

Package features:

- Four individual training sessions
- One nutrition session

Total cost - \$325

**A Bridal Party** – Your close friends and family members have helped with everything. From choosing a dress to finalizing the flowers and crafting into the wee hours of the night, you all have tackled the wedding as a team. Why not train together, too? We can coordinate around all of your schedules.

Package features:

- Customized private small-group training sessions for you and up to six of your closest friends/family members
- One group nutrition session

Price - \$30/class

**Mr. Right** – He put his heart and soul into picking the perfect ring and planning the perfect day to pop the question. Now that you're engaged, your groom is ready to get in GQ-shape for the big day—and we're here to help him achieve his fitness goals.

Package features:

- Six months of individual training sessions
- One nutrition session

Prices start at \$276/month