BRIDAL BOOTCAMP
4, 8 OR 12 WEEKS AVAILABLE
PROGRAMS STARTING AT $260.00

DON'T YOU WANT TO LOOK YOUR BEST ON YOUR WEDDING DAY?

YOU SAID YES TO THE DRESS, NOW IT’S TIME TO LOOK YOUR BEST IN IT

✓ Bouquet
✓ Wedding Party
✓ The Perfect Dress
✓ Investing in Looking Amazing

Let your something new be your bridal bootcamp body.
Your bridal bootcamp program will consist of:
1. Low glycemic impact eating
2. Improving body composition with exercise
3. Science-based supplements to support your body’s needs
4. Education

The AHA (American Heart Association) recommends at least 150 minutes of exercise weekly. Your body may benefit from additional cardiovascular, strength training and flexibility exercises.