

# BUFFED BRIDES

Look and Feel Fabulous on your Wedding Day, for your honeymoon and the rest of your life!

## Look and Feel Amazing on Your Wedding Day!

### Your “Buffed Brides” package includes

- Personal Training Sessions
- Customized Weekly Training Program
- Nutrition Consultations
- Complete 1-month Meal Plan
- Massage Sessions
- Free Membership
- Unlimited Group Exercise Classes
- Workouts-on-Demand
- Discounts on Nutritional Supplements
- Passes for friends and family
- Unlimited motivation and support
- Comfortable Training Atmosphere

We offer attractive packages for the Bride, Groom, and the entire Bridal Party.

Your program is designed to help you reach your goals. You have the opportunity to work with Stephen Pradon, from Discovery’s hit reality show “Buffed Brides,” which originally aired during 2003-2004. Your “Buffed Brides” training program will run between 1-6 months. All below packages can be custom designed for you and your wedding party. Look and feel amazing on your wedding day, your honeymoon and the rest of your life.

#### *Bride*

Platinum – 6 month  
Gold – 4 month  
Silver – 2 month  
From \$1699

#### *Bride/Bridesmaids*

Platinum – 3 month  
Gold – 2 month  
Silver – 1 month  
From \$999

#### *Bride & Groom*

Platinum – 6 month  
Gold – 4 month  
Silver – 2 month  
From \$2199

#### *Groom*

1 month Program  
From \$399



Please give us a call to setup your FREE consultation or feel free to stop by our facility at your convenience.

