

“Bridal Bodies Fitness Program”

Total Training for the big day!

Learn the most up to date strategies for fitness & nutrition

12 Weeks ... 24 Sessions ... One Improved YOU!

The “Bridal Bodies Fitness Program” is a 12-week, highly-focused program specific to female needs of fitness, nutrition.

- **Fitness:** Personal group training for strength and conditioning
- **Nutrition:** Learn to eat healthier – discover the myths and facts

“Give us your body - and your mind - and we’ll put you on the path to results!”



WHEN:

Mondays & Thursdays
6:00am – 7:00am
Time: TBD

COST:

Just \$495 per person

You’ll Receive:

21 group fitness training sessions led by a HammerBodies Custom Fitness Training Specialist
2 Fitness evaluations – 1 at the beginning of the program & 1 at the end
1 nutrition consultation with a HammerBodies registered/licensed dietitian to educate, answer questions/concerns as well as explain meal options that will lead to success.

*Min. 5 and max. 12 per group.
Registration based on first come, first serve basis.*

WHERE:

HammerBodies Custom Fitness
2121 Hammer Drive
Maryland Heights, MO
hammerbodies.com



To register call **314-567-3797**