



CALL TODAY TO WIN A BRIDAL BOOT CAMP!!

Bridal Boot Camp

Calling all brides, grooms, bridal parties, even family members! Get in shape and look your best for *the* Wedding Day. Cameras will be ready, will you?

If you have one week, one month, three, months or four, Palm Beach Weight & Wellness has a program to help you! We focus on total body toning that gets results. You'll receive abdominal and core strengthening, as well as arms, shoulders and back defining. High intensity and geared for real results! Reduce, tone and define before you walk down the aisle!

Our programs can be customized to your specific needs. Programs can include nutrition counseling with one of our registered dietitians, fitness training with the *real* professionals, body composition analysis, A.I.Stretching and massage therapy. We have both day and after work sessions available.

½ Carat – 1 week Program for the last minute crunch! Consists of 4 workout sessions.
\$350

1 Carat – 1 month Program. Consists of 2 workout sessions per week (8 total) plus nutrition counseling.
\$700

2 Carat – 12 week Program. Consists of 2 workout sessions per week (24 total) plus nutrition counseling, Stretch Therapy and Massage.
\$1900

The Rock – 16 week Program. Consists of 2 workout sessions per week, monthly nutrition counseling, Couples Workout final 2 weeks, weekly stretch therapy and monthly massage.

All programs include before and after photos and measurements
Plus complete body composition analysis.

Program prices are based on Workout Session in our Private Fitness Studio. Training at your home would incur additional fees based on location.

Special Additions:

On the Beach Yoga sessions are available for Bridal Parties. We can also provide instructors for the location of your choice. A great 'day before the wedding' de-stressor for all!