



BRIDAL FITNESS XTREME

**SIGN UP FOR SPRING SESSION
NOW**

**BRIDE IS FREE WITH 4
ADDITIONAL PARTICIPATES**

**GET FIT BEFORE YOUR WEDDING
AND STAY FIT AFTER**

At Premier Health & Fitness Center we understand that every bride wants to look her best on her wedding day. We can help you slim down, tone up, and relieve the stress of planning a wedding. With Bridal Fitness Xtreme you get the benefits of a personal trainer in a small group format at a fraction of the cost!

8 Sessions member: \$270.00
12 Sessions member: \$380.00

8 Sessions non member \$ 330.00
12 Sessions non member: \$440.00

Plus tax

Prices based on 4-6 people
And includes Pre and Post Assessments

**PAYMENT FOR ENTIRE GROUP MUST BE
MADE AT REGISTRATION TO QUALIFY FOR
THESE SPECIAL RATES. TO REGISTER OR
FOR MORE INFO PLEASE CALL 431-4835**