

Body of Work Bridal Boot Camp

Look exceptional on your Wedding Day / Join us for a Kick Ass Workout!



This is a class designed for Everyone

Brides, Bridal Party, Groom, Groomsmen, and non-wedding party members.

Call to set up your classes today

If you have a group of 4 or more people

Call us to set your personalized date and time for Bridal Boot Camp

Do you need to slim down and tone-up? Then is the Class for you!

Bridal Boot Camp offers personalized attention with quick results.

Each session includes;

6 week sessions every

3 health and fitness evaluations

Instructed by two certified personal trainers

Small group class that allows for safe but effective workouts

Call 207-741-5280.

Call Dan Carr @ 207-408-4466 / Email: Dan@BodyofWorkME.com



Or

Call Cindy Gotts @ 207-632-9665 / Email: Cindy@BodyofWorkME.com

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