

# Body of Work is offering.. 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.

Starting on March 23, 2009  
6:30 p.m. - 7:30 p.m.

**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](mailto:Dan@BodyofWorkME.com)



Or

Call Cindy Gotts @ 207-632-9665 / Email: [Cindy@BodyofWorkME.com](mailto:Cindy@BodyofWorkME.com)