

• Bring your mom, aunt, friend, or sister

# BRIDAL BOOTCAMP

with Five Points Washington Personal Trainers

Every bride wants to look **PERFECT** for that special day, right?



Let our Personal Trainers get you into the shape you desire!



- **4 days/week for 8 weeks to get you into that dress**
- **2 trainers to bust your buns, thighs, and waist**
- **\$125 for members/\$150 for non-members**
- **Before/After Pictures (t-shirt included!)**
- **Sign up by July 26th! Min. 12/Max. 20 people**
- **Aug. 2nd-Sept 24th, M,T,TH,F 6-6:45AM**

• Bring your energy, pride, sweat towel, and water

**Contact [lizw@fivepointswashington.org](mailto:lizw@fivepointswashington.org)**