

Bride-2-Be Bootcamp



It's 8 weeks before the BIG DAY – are you ready?!

Have Fun – Get Results! Our 8 week B2B program provides a personalized game plan with 8 one-on-one training sessions and a 2 MONTH CAC HEALTH CLUB MEMBERSHIP!

Bootcamp 101 Kick-Off	We'll meet with you (and your bridesmaids), set goals and develop your 8 week personalized game plan including training schedule, fitness and diet pointers for maximum results.
Week 1	Training begins! Bride and/or bridesmaids will complete their first fun and stimulating 1 hour training session with our personal trainer.
Weeks 1 -8	Bridal party will have unlimited, full access to The Club to train individually or together.
Weeks 2-7	For 1 hour, 1 day per week, Bride and/or bridesmaids will work with our trainer to complete a variety of motivating and challenging fitness exercises - tracking progress to build strength and confidence.
Week 8	Meet with bride and/or bridal party twice this week - Once for the last training session and again for the victory celebration! We can also provide recommendations for you to include spa specialties at your celebration!
Cost:	\$300 per person includes program, t-shirt and CAC water bottle. If 5 or more of the wedding party participates, the bride gets to train free!
Rewards:	Book your Wedding Reception at the Doubletree Hotel & Conference Center, St. Louis and receive One (1) complimentary Bride-2-Be Bootcamp for the Bride-2-Be! *Wedding Reception must be booked and consumed in 2010. *Wedding Reception value must exceed \$7,500, not including service charge & applicable tax.

Call for details and availability! 636.532.9992