



**Fit Fabulous Bride**  
Fayetteville NY  
315.559.7453

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FitFabulousBride.com

## You vs. You

*At Fit Fabulous Bride, we believe everyone can be fit. We listen to your wants and needs to make sure they're met. With your commitment and our expertise, we can help reach your goals in no time!*

**We're social – find us!**

**Facebook:** Fit Fabulous Bride

**Instagram:**  
@FitFabulousBride

**SnapChat:** aubreyfitness

**Twitter:** @healthfitnessAT

**Etsy Shop:** Fit Fabulous Bride

**Pinterest:** @HealthFitnessAT

## Fit Fabulous Bride

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Bridal | Fitness | Nutrition





# Congratulations

Your wedding is such an important day, and like many brides you want to look your best. Let us create a bridal plan to get you ready just in time!

## Vision

The first and most important part of your training plan is your vision. How do you envision yourself on your wedding day? We focus on how *you* want to feel on your big day and create a plan of action to get you there.

## Goals

Setting goals – both short-term and long-term are the best way to stay on track with your vision. We will work with you to create goals along the way, and check in throughout the process to ensure we're on the right track.

## Take Action

Now comes the hard part –taking action! With your goals set and your vision in mind, you'll be ready to get started! We will be with you every step of the way.

# Your Bridal Plan

## One-on-One Training

- 60 minutes
- 1x Per Week
- Private Studio or Fitness Center

## Group Classes

- Free access to HIIT Classes
- Free access to Boot Camp
- Towne Center Fitness, Fayetteville

# Upgrades

## Online Training

- 2-3 workouts per week
- Created for home or gym
- To be done in addition to one-on-one

## Nutrition

- Nutrition evaluation
- Meal Planning
- Bi-Weekly Check Ins

## Training Sessions

- Additional One-on-One Sessions
- Up to 3x per week

# Honeymoon Restart

## Post-Wedding Fitness

Just because your wedding is over, doesn't mean you need to stop your training routine! Keep the momentum going and SAVE! Discounts are available for bridal clients wanting to continue training!

# Packages\*

## Full Bridal Plan:

- One on One Training
- Personal Bridal Coaching
- Access to Group Classes
- Unlimited Email Support

## Offering:

- **3-Month Packages**
- **6-Month Packages**
- **12-Month Packages**
- **Custom Time-period**

## Add-On Extras:

### Online Training

### Nutrition

### Additional 1-1 Sessions

\*packages start at \$300 per month; payment plans available; pricing subject to change when contract is not present

## Contact Us

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