

**COMING MARCH 15th TO WORLD GYM
IN FAYETTEVILLE**



*Bridal
Boot
Camp*

Getting Married? Want to fit into your dream gown?
Don't want to plan one more thing? Let us help
relieve your stress and plan your workouts

- 💎 *Two one hour sessions per week for six weeks*
- 💎 *Strength training focusing on upper body*
- 💎 *Cardio intervals*
- 💎 *Core conditioning*
- 💎 *Goal setting*
- 💎 *Individualized attention*



Get fit and gorgeous for your
wedding and honeymoon

Look fabulous and feel great for only \$199

\$199 MEMBERS

\$278 NON-MEMBERS

**CALL Beckie Bell AT 770-363-4816
or e-mail bekiebell10@att.net**