

BRIDAL BOOT CAMP

for brides, grooms and their bridal party

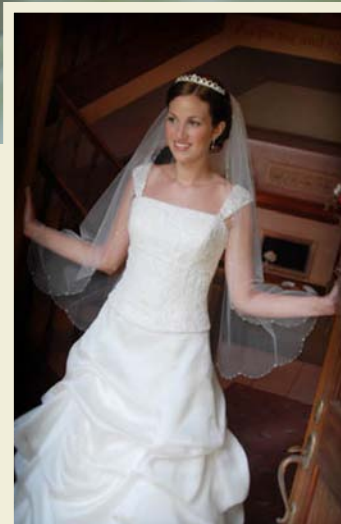


“two months of pilates at Equilibrium... and my wedding gown had to be taken in!”

— *Mackenzie Mangus*

Do you want to get completely toned and buffed before all the picture taking begins? This is a great opportunity for you and your bridesmaids as well as the groom and his wing men to work out together. An added benefit will be how much calmer and fit you will all feel.

- 1 private class
- 2 group reformer classes
- unlimited studio classes for 60 days
- Only \$199 [a regular value of \$1,177.00!]



What two recent newlyweds said:

“we look stronger and more fit, and feel better since practicing Pilates. Thanks, Equilibrium.”

— *Liz and Marty*



photography courtesy of melany hallgren photography and Howard Kaplan.



6405 Telegraph ▪ at Maple & Telegraph ▪ buildings G & H
visit www.equilibriumstudio.com to schedule your class online or call 248.723.6500