



Farmington Hills, MI

Bridal Party

SHAPE-UP

Tone UP,
slim DOWN,
and get ready



*Mid American Studio
24425 Indoplex Circle
Farmington Hills, MI 48335
www.midamericanfit.com
248-477-5248*

Packages available
for 2 – 5 bridal
party members!

*Gather the bridal party and SHAPE UP for the wedding!
Mid American Studio's classes and Pilates reformer training will help everyone to tone up, slim down and look gorgeous for the BIG day. This specialized package is designed for everyone who will be going to the wedding – the bride, groom, bridesmaids, mother of the bride or groom, groomsmen and even the fathers!*

Bring in your wedding party for an introductory free week to kick off your fitness program. Then, choose one of these fitness packages:

MID AMERICAN STUDIO BRIDAL PARTY SHAPE-UP PACKAGES INCLUDE:

- * **Unlimited Fitness Classes** (choose from over 30 fitness, yoga and Pilates classes each week)
- * **One Group Pilates Reformer Class weekly** (Small group of 5 or less on the Pilates Reformer equipment, designed to tone and elongate muscles for a leaner you)
- * **Complimentary Consultation** (Sit down with our fitness advisors to help you create a practical, effective workout plan to help you reach your goals!)

Wedding Party Slim Down Package:

- **4 Week Package:** \$125 per person
- **8 Week Package:** \$250 per person

When 4 or more bridal party members sign up, the *bride* attends for **free!**



**Shake your stress away in
Zumba, toss out any worries in
Sculpt and Tone, and focus on
you and YOUR big day in
Yoga... all for **FREE!****

***Introductory Free Week of
Unlimited Fitness Classes
and One Free Group
Reformer Class for your
entire bridal party!***

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