

What's the one thing that everyone wants on their wedding day, but no one really knows how to get?

A Great Body!

Why do you need it?

Because everyone will be looking at YOU!!

Wouldn't you love it if you saw dozens of admiring looks that say, "You look incredible!"

Well here is the opportunity to make that dream a reality. Let us personally guide you to a smaller, tighter, sexier body with Wedding Boot Camp.

Whether you are a bride-to be or in the bridal party, our wedding boot camp, is the ultimate workout designed to transform your body through a combination high-intensity cardiovascular and strength training.



The Wedding Boot Camp is a 6 week program designed to help brides, grooms, and their wedding parties look their best for the wedding, honeymoon, And the rest of their lives!

The CrossFit inspired format includes core strength, cardiovascular drills, plyometrics, gymnastic, and Olympic lifting. It is a "kick your butt," full body workout to get you in shape for your wedding day as well as providing the knowledge to maintain a healthy lifestyle. Be prepared to sweat, work hard, be in the best shape of your life.



www.pointblank.ca

weddingbootcamp@pointblank.ca

Wedding Boot Camp Pricing

1/2 CARAT: \$299/PP

6 - 1 HR SESSIONS (1X / WEEK)

INITIAL & FINAL FITNESS ASSESSMENTS

NUTRITIONAL PLANNING

1 CARAT: \$399/PP

12-1 HR SESSIONS (2X / WEEK)

INITIAL & FINAL FITNESS ASSESSMENTS

NUTRITIONAL PLANNING

THE ROCK: \$250/PP

GATHER YOUR WEDDING PARTY FOR
12 -1 HR PRIVATE SESSIONS (2X / WEEK)

INITIAL & FINAL FITNESS ASSESSMENTS

NUTRITIONAL PLANNING

4 PERSON MINIMUM

We will help you look stunning
on your wedding day.



WEDDING BOOT CAMP TESTIMONIALS

I started Crossfit training seven weeks ago. So far I have lost 17 pounds, gone down 2 belt sizes for work and fit in to my wedding dress, which was nowhere near doing up before I started Crossfit. My fiancé and I decided to start Crossfit training together because we both knew from past experience we get bored with your typical gym very quickly. Using the same weight machines over and over again, week after week, makes me want to sleep just thinking about it! With Crossfit we both love going, even when it hurts! No two classes have been the same, even though sometimes you do the same exercises. All the trainers are great motivators and teachers. At the beginning we managed to attend two workouts every week. Now, we're able to go three or four times each week. We've both noticed not just a difference in the numbers on the scale; we've also been able to be more active and energetic.

Megan Harper—Newmarket



Thanks for making me look fabulous in my wedding dress!!!! I had no clue what to expect from joining Point Blank Crossfit. As soon as I got through my "On Ramp" sessions, at the end of March 2011, the thought of looking toned in my wedding gown became an obsession. (I even ate Paleo until my wedding day!). I remember trying on my size 8 wedding gown the first week of April and having what I would call "back fat". The inch of extra skin that folded over the strapless top of my gown was discouraging. I showed up 3 times a week and had a blast every day you guys kicked my butt. On June 19 (less than 3 months after joining) my dress had to be taken in 1 full inch throughout the entire bodice! I got married on July 22, 2011 and felt and looked like a million dollars! Look at my before and after pics as proof! (Please excuse the partially finished hair in the after shot). THANKS YOU! THANK YOU! THANK YOU! You guys are amazing...and I plan to be back in the New Year.

Nele Pathak (nee Meuleman) - Bradford

The Wedding Boot Camp

**Groom and Groomsman
packages also available**

**Ask about our Bachelor and
Bachelorette afternoon
Fight Experience Parties**



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presents

The Wedding Boot Camp



*"Something Old,
Something New"*

*Why not make
that something
new YOU!!*