

nutrition unlimited

NU-U

Fitness



Bridal BOOT CAMP

Bridal Personal Training Packages

- 6-week program (2 days per week) – \$ 540
- 12-week program (2 days per week)— \$ 1,080

Packages with Optional Nutrition Add-Ons

- 6-week program with weekly meal plan – \$ 750
- 12-week program with weekly meal plan – \$ 1,500
- One-time grocery orientation (healthful shopping, food guidance) – \$150

Massage Therapy & Personal Training Packages

- 4-week training package (12 sessions, 3 times per week)
 - with 8 studio massage sessions – \$ 890
 - with 4 massage sessions – \$ 760
- 4-week training package (8 sessions, 2 times per week)
 - with 4 studio massage sessions – \$ 580

FOR MORE INFORMATION E-MAIL MEAGAN@NU-UFITNESS.COM