

From Dumbbells to Wedding Bells "BUFF BRIDES"

Don't you want to look and feel fabulous for your wedding day?

Preparing for that long awaited walk down the aisle means finding the perfect dress, the right hairstyle and flawless makeup. But brides and bridesmaids have another "must-do" before the big "I DO". That is, getting in the best shape of their lives!



**Let SPORTIME Lynbrook help you look
and feel your very best!**

Choose from one of the following Bridal Party Packages (Please find details on reverse side of this page)

✿ **Bridal Transformation**

✿ **Bridal Tone Up**

✿ **Bridal Treat Yourself**

✿ **Bridal Tighten-Up**

Sign up your whole bridal party and receive a 10% discount!*

To get started, call (516) 887-1330 and ask for Danielle Labiento or email her at dlabiento@sportimeny.com.



Lynbrook
175 Merrick Rd., Lynbrook NY 11563
tel: 516/887-1330 fax: 516/593-7462
www.SportimeNY.com/Lynbrook

* A minimum of 3 participants is required to receive the discount.

BUFF BRIDES PROGRAMS AVAILABLE AT SPORTIME SYOSSET FITNESS & RACQUETBALL

To look and feel your best on your wedding day, our team of fitness professionals will work with you and guide you to become a healthier and more fit bride.

Transformation Package: \$ 2525

Begin your journey towards a healthier lifestyle. You will meet with a personal trainer who will design a custom exercise program to help you achieve your fitness goals and will motivate you through your workouts to make you feel great. This package includes 36 one-hour personal training sessions, unlimited group exercise classes, Along with six one-hour massages, which is an effective and powerful way to combat stress in the time leading up to the big day. This premier package includes a six-month Silver-level membership.

Tone-Up Package: \$1575

Tighten up all of those loose areas with this creatively intense package. You will meet with a personal trainer for 24 one-hour training sessions. The experience of receiving three, sixty-minute luxurious massages will leave you relaxed and refreshed for your big day. Enjoy unlimited group exercise classes featuring bridal body workouts and heart-healthy cycling classes for you to start your new life as a new wife. This package includes a three-month Silver-level membership.

Treat Yourself Package: \$1150

A little less intensity, but still a power-packed workout. You will meet with a personal trainer for 16 training sessions and two Pilates Reformer sessions. Take unlimited group exercise classes such as yoga, Cardio Funk, and Zumba. In addition, enjoy two relaxing one-hour massages leaving you refreshed and ready. We will work your whole body to help get you looking fabulous on your special day. This package includes a two-month Silver-level membership.

Tighten Up Package: \$625

For those that just need a little something and want to tighten up before the big day, there is nothing like a great workout. Enjoy eight one-hour training sessions, one Pilates Reformer session, and all the additional benefits of the club including cardio equipment, weight machines, and group exercise, to teach you how to have an effective workout in minimal time to maximize your results. Unwind before your big day with a relaxing, stress-relieving, one-hour massage. This package includes a two-month Silver-level membership.

SPORTIME BUFF BRIDES PROGRAM Registration Form

Bride's Name _____

Date of Wedding: ___/___/___

Email address _____

Home Phone _____

Cell Phone _____

Address _____

Town & Zip _____

Emergency # _____

Bridal Transformation Package \$2525	Bridal Tone-Up Package \$1575	Bridal Treat Yourself Package \$1150	Basic Tighten-Up Package \$625
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Contact info of bridal attendants:

Name: _____	Ph (____) _____	Email _____
Name: _____	Ph (____) _____	Email _____
Name: _____	Ph (____) _____	Email _____
Name: _____	Ph (____) _____	Email _____
Name: _____	Ph (____) _____	Email _____
Name: _____	Ph (____) _____	Email _____

I understand that there are certain inherent dangers in participating in sports/fitness activities that may include permanent disability and death. I have inspected the facility and equipment prior to participating in any activities to ensure that they are safe. I do hereby waive, release, and forever discharge the club and its officers, agents, employees, representatives, executors and all others from any and all responsibilities or liability from injuries or damages resulting from my participation in any SPORTIME activities. I do also hereby release all of those mentioned and any others acting upon their behalf from any responsibility or liability for any injury or damage to me, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf or in any way arising out of or connected with my participation in any activities of the club or the use of any equipment at the club. I declare myself to be physically sound and suffering from no conditions, impairment, disease, infirmity, or other illness that would prevent my participation in sports activities. In case of accident or injury and an emergency contact person cannot be reached, I grant SPORTIME permission to obtain medical attention for me if necessary, for which I will be financially responsible.

I understand that membership is required for participation in this program and that this application must be accompanied by the required 50% deposit to confirm registration. I further understand that for all programs I must pay in full no later than the first day of participation. If my account is not paid in full as required, I consent that as of 24th of the month in which the balance is due, the club may charge my checking/credit card account for the full amount past due plus a late fee. I accept that enrollment in the program is for the full session and that no refunds will be given for withdrawals or absences after the session begins.

I understand that SPORTIME reserves the right to cancel program due to insufficient enrollment. I further understand that the manager reserves the right to remove anyone from any 'class' that may be inappropriate for that person or for that 'class.'

I understand that SPORTIME retains the rights to any photographs or video taken at the facility to be used for publicity or advertising.

I further understand that SPORTIME cannot be responsible for items left at the club.

Registration may be done in person or by phone with a credit card.

DATE ___/___/___

SIGNATURE _____

(Ofc use only, please: Mem# _____ Pmt. Amt _____ \$ ck cc Date _____ Rec# _____ Rec. Init _____)