

BRIDAL FITNESS

GOALS GOALS & more GOALS. .

Every trainer will tell you fitness starts with setting goals. Here's a place to start your perfect plan so you can be the BEST BRIDE you want to be...

6 Months out GOAL:

3 Months out GOAL:

1 Month out GOAL:

INDUSTRY LEADING **FIT**

"Working out should be fun! It should be something you enjoy and look forward to - just like your special day! At Barre Forte it's our goal to ensure that every woman gets the 'trimming toning & tightening' she is looking for while jamming out to great music in a positive, motivating environment. Especially with the stress of wedding planning, make sure you are taking time for YOU!"

~Brinn Strange, Owner
Barre Forte

Schedule your **FREE**
personal Fitness
Assessment with
Ronnie today.

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Ronnie Nichols
Massage & Personal Training

WORKING IT FOR THE DRESS

Get personal training in
our private fitness studio

Group classes available for
you & your Bridesmaides

FDA approved cellulite reduction
and skin tightening treatment.
Lose upto 3 dress sizes