

THE KICK IT UP PHILOSOPHY

KICK IT UP BRIDAL BOOT CAMP UNDERSTANDS THAT YOUR WEDDING DAY IS THE MOST IMPORTANT DAY OF YOUR LIFE. YOU WANT TO MAKE SURE THAT EVERYTHING IS PERFECT, AND THAT INCLUDES YOUR CONFIDENCE, STAMINA AND APPEARANCE. YOU ONLY HAVE ONE CHANCE TO TAKE THE PERFECT PICTURE.

WE ARE THE ONLY BOOT CAMP IN TAMPA BAY THAT GUARANTEES YOUR RESULTS. WE WILL HELP YOU SET YOUR GOALS, MONITOR YOUR PROGRESS AND MAKE SURE THAT YOU ARE READY FOR YOUR BIG DAY.

KICK IT UP BRIDAL BOOT CAMP OFFERS YOU THREE DIFFERENT OPTIONS TO HELP YOU ACHIEVE YOUR GOALS. EACH PACKAGE IS DESIGNED TO HELP YOU MAXIMIZE YOUR RESULTS ON YOUR SCHEDULE. WE TAILOR OUR PROGRAM FOR YOU, NOT THE OTHER WAY AROUND.

COME SHARE YOUR BOOT CAMP EXPERIENCE WITH NOTED FITNESS EXPERT MARILYN MOSS, MS. MARILYN HAS BEEN PROFILED IN THE TAMPA TRIBUNE AND ON CHANNEL 8 TELEVISION AND KICK IT UP BOOT CAMP HAS APPEARED IN THE TAMPA BAY TIMES AND THE JEWISH PRESS.

OTHER CAMPS CLAIM TO CATER TO EVERYONE. LET MARILYN SHOW YOU WHY KICK IT UP BOOT CAMP IS THE ONLY CAMP WITH A TRUE PERSONAL TOUCH.

WWW.KICKITUPBOOTCAMP.COM



BRIDAL BOOT CAMP PACKAGES

PROGRAM 1: PERSONAL PACKAGE

PRIVATE NUTRITION CONSULTATION AND MEAL PLANNING
THREE MONTHLY PERSONAL TRAINING SESSIONS
DEVELOPMENT OF EXERCISE PRESCRIPTION AND
WRITTEN EXERCISE PROTOCOLS
BOOKLET CONTAINING DESCRIPTIONS AND PICTURES
OF EACH EXERCISE
MONTHLY REVIEW AND UPDATE OF EXERCISE AND NUTRITION PROTOCOLS
BI-WEEKLY MEASUREMENTS, BODY COMPOSITION AND FITNESS TESTING
GROCERY STORE EXCURSION
ONLINE NUTRITION AND MEAL PLANNING PROGRAM
MONITORED PERSONAL RECORD KEEPING SYSTEM
KICK IT UP BOOT CAMP T-SHIRT

BRIDAL PARTY AND GROOM DISCOUNT
\$199 PER MONTH/ 3 MONTH PROGRAM

PROGRAM 2: BRIDAL BOOT CAMP

INDIVIDUALIZED GOAL SETTING
UNLIMITED BOOT CAMP SESSIONS
MONTHLY MEASUREMENTS, BODY FAT AND FITNESS TESTING
NUTRITION SEMINAR
GROCERY STORE EXCURSION
ONLINE NUTRITION AND MEAL PLANNING PROGRAM
KICK IT UP BOOT CAMP T-SHIRT

BRIDAL PARTY AND GROOM DISCOUNT
\$199 PER MONTH/ 3 MONTH PROGRAM

PROGRAM 3: PERSONAL PACKAGE AND UNLIMITED BOOT CAMPS

ALL SERVICES FROM PROGRAMS ONE AND TWO

BRIDAL PARTY AND GROOM DISCOUNT
\$299 PER MONTH / 3 MONTH PROGRAM