


Fit to Be Tied

Eight programs designed for the altar-bound aim to whip brides into the best shape of their lives, just in time to say "I do." *By Katheryn Erickson*

① The Sports Club/ LA Bride-Fit

THE VENUE: All locations. **THE PROPOSAL:** Intensive cardio sessions, group Bride-Fit classes to target shoulders and arms, biweekly physical endurance tests to track progress, monthly body measurements, and nutritional consultations.

THE PAIN:  **THE COMMITMENT:** Three months; \$1,795 for members, \$2,149 for nonmembers. **THE ENHANCED ASSETS:** Loss of inches and a sculpted upper body. **WHO DOES IT:** Traditional gym workout lovers who want to amp up their routines. **THE DRESS:** A ball gown to show off newly toned arms.



Ines di Santo
embroidered
Napoli gown