

CHOOSE FROM CUSTOM 8-WEEK PACKAGES!

The Basic Program

- 3 intensive sessions per week for 8 weeks
- Full diet plan & guidance for the bride & up to 3 bridesmaids
- Personal guidance from Master trainer Sherrie Agius

The “Get in the dress” program

- 5 intensive sessions per week for 8 weeks
- Full diet plan & guidance for the bride & up to 3 bridesmaids
- Personal guidance from Master trainer Sherrie Agius

VISIT MIGHTYMAESTRO.CA OR EMAIL MIGHTYMAESTRO@MAIL.COM

BRIDAL BOOT CAMP

By Mighty Maestro Fitness &
Sherrie “The Queen of Pain” Agius





THE BRIDAL BOOT CAMP

The CUSTOMIZABLE, personalized, goal-oriented, fast-paced, comprehensive, guaranteed-to-revamp-your-body-camp that will bring out your best self!

Your wedding, your schedule

Sherrie is a master trainer, nutritional counselor, and diet planner. You have a wedding date – which means you have a fixed amount of time to reach your goals. With Sherrie's training and dietary council – you will reach those goals!



"I promise you will you come out looking like a star!"
- Sherrie Agius

Sherrie has decades of experience in personal training, bodybuilding, and more! You are in the most competent and experienced hands when you're with Sherrie "The Queen of Pain" Agius!

TRANSFORM – BUT NOT ALONE!

The best way to transform yourself is alongside friends and family! In this camp – you'll be training and growing with up to three of your bridesmaids! Learn new ways to get and stay healthy, experience the push and the payoff together!



Basic Packages

1 Person: \$1760 (regular \$2100!)

2 People: \$2160 (regular \$2640!)

3 People: \$2460 (regular \$3420!)

All including:

- 24 private sessions (3 per week for 8 weeks)
- Full workout plan & guidance
- Full diet plan & guidance
- 2 Month gym membership

Accelerated "Get in the dress" package

Want to meet even bigger goals?

- 5 weekly sessions instead of 3
- Customizable
- Prices available upon request

CONTACT US

Text/call Sherrie at 613-799-5616
or email sherrieflex@hotmail.com to register

mighty maestro@mail.com

**Inquiries/Registration available
at New Body Dimensions -
1800 St. Laurent**