

Is your big day around the corner? If so, our Sweating for the Wedding Program is the plan you need to feel your best as you walk down the aisle. I designed it to give you the results you're looking for with workouts that will tone your shoulders and arms, lift your posture, boost your confidence, relieve stress. Because, let's be honest, planning a wedding is hard work. This six week series takes you through three times a week intense sessions so you can always fit in a great session even when you're short on time. Get ready to glow on your big day with Pilates workouts that will make all the difference in how you look and feel.