



**Momentum**  
P i l a t e s S t u d i o

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You are cordially invited to  
come experience  
**Bridal Boot Camp!**

**Where:** Momentum Pilates Studio  
Townside Shopping Center  
2216 Ivy Rd.  
Cville, VA 22903

**When:** Privates sessions Twice a  
week for Four weeks before  
the Big Day!

**RSVP:** (434) 293-2635

**Details:** Bridal Boot Camp is \$400

If you can handle the extra  
training & your time allows,  
enjoy 1 complimentary mat  
class a week while you are  
in Bridal Boot Camp.

**Put a Pilates Body in your  
wedding gown!**

