



Runaway Brides Newsletter Edition - April 2009

Formerly known as
Brides On The Run!!

YES Brides On The Run has undergone an EXCITING makeover and is now known as **RUNAWAY BRIDES!** With a new name and awesome new fitness programs Runaway Brides has SO much to offer everyone!

So enquire NOW about what Runaway Brides can offer you!!

NEWS UPDATE!!!

Do you want to take action with your health and fitness but you don't know where to start?

Then Runaway Brides would like to announce "Brides, Babes and Blokes" – Group Training for all. Join by yourself or in a group, this training is for everyone! You don't even need to be getting married to join this fabulous new training group.

Affordable 6 or 12 week training packages are now available. Training takes place at Kings Park on Monday's at 5.30pm or Saturday's at 8.00am.

FIRST 20 PEOPLE TO MAKE CONTACT RECEIVE A COMPLIMENTARY SESSION.

"Brides, Babes & Blokes group exercise & fitness program provides all the benefits and intensity of a personal training session combined with the motivation of working out in a supportive, group environment."

Enquire now for more information as places are filling fast & bookings are essential!

Email all enquiries to: info@runawaybrides.com.au

WWW.RUNAWAYBRIDES.COM.AU

THANKYOU to all of you that helped make the 2009 Bridal Fair a HUGE success!

Over the two days we met so many wonderful Brides to Be as well as their supportive Grooms, Friends and Family.

CONGRATULATIONS also to Mary-Ellen who was the lucky winner of a 6 week training package for 4 people. We look forward to working with Mary-Ellen in preparation for her BIG day!



A highlight of the weekend was the special guest appearance of Alison Braun from the Biggest Loser. Alison's story is one of strength and courage – not to mention incredibly inspirational!

