



www.runawaybrides.com.au

August 2009 Newsletter

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Welcome to the August edition of the **Runaway Brides** Newsletter!

Wedding Season is soon approaching and so we know there are many excited Brides to be out there. We have been contacted so often lately that it's hard for us not to get caught up in the excitement to! It's definitely a wonderful time in a woman's life! But with so much to do sometimes it's easy to lose track of ourselves and our "own" time becomes a thing of the past. That's why **Runaway Brides** encourages you to keep sight of your health and fitness goals. If there is one time in your life that you want to look and feel your best then it's definitely your **WEDDING DAY!**

SO having said that if you want to get your health and fitness back on track **OR** you just need that added bit of motivation then **Runaway Brides** are here for you. With our highly competitive prices we will certainly have a package that suits everyone's needs!

Yours in health, happiness and fitness,
~Tegan and Justine ~

Our **10%** Winter Special is still running!

Be quick though as spots are filling up fast
for those Brides with summer weddings!

CONTACT US TODAY!



This year's City to Surf is being held on Sunday August 30th. From the 4km walk/run to the marathon there is something for everyone.

So if this is something you have always wanted to participate in then now is your chance!

Haven't got anyone to train with you? No worries as Runaway Brides are here for you! We have registered a team and are now in full training mode!

Contact us today for details on how to train with us and how to register in team Runaway Brides!

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[The Vines Wedding Open Day.](#)
Sunday 16th August 2009 - 10am to 4pm



Come and say hello to us. We would love to have a chat!
www.thevines.com.au

Congratulations Mary & Paul!



Hi Tegan and Justine

"Just wanted to say a big thank you for whipping me into shape for my wedding! The 6 week course toned me up so much and I felt so fit and healthy on my wedding day thanks to you guys. The enthusiasm and encouragement you gave me was great and I would strongly encourage any brides-to-be or anyone at all for that matter to give it a go as I am sure you will as impressed as I was with the results and the fun atmosphere of the sessions".

~Mary~