



Bridal Party

PERSONALIZED PROGRAM PACKAGE

Each participant receives her own workout program based on goals, fitness level, available equipment, and limitations, plus a personalized nutrition plan.

IDEAL FOR BRIDAL PARTIES WHO WANT TO GET HEALTHIER TOGETHER WITHOUT EVERYONE HAVING TO FOLLOW THE EXACT SAME WORKOUT.



INVEST IN
YOUR HEALTH.
CELEBRATE
TOGETHER.
**GLOW
FOREVER.**



WHAT'S INCLUDED:



PERSONALIZED WORKOUT PROGRAM
Designed for your goals, fitness level, equipment, and any limitations.



CUSTOM NUTRITION PLAN
Tailored meal plan to support your goals, lifestyle, and preferences.



ONGOING SUPPORT & ACCOUNTABILITY
Check-ins, motivation, and guidance every step of the way.



FLEXIBLE & CONVENIENT
100% remote – complete your workouts anytime, anywhere.

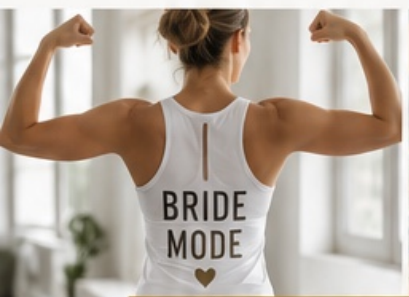
*Look Good
Feel Strong
Celebrate
Confidently*



BRIDAL PARTY PERSONALIZED PROGRAM PACKAGE

\$500

PER PARTY
(UP TO 8 PARTICIPANTS)



STRONGER TOGETHER. HEALTHIER TOGETHER. UNFORGETTABLE FOREVER.



**LIGHTHOUSE
WELLNESS COACH**

GUIDING YOU TO YOUR
STRONGEST, HEALTHIEST SELF



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100% REMOTE COACHING

