

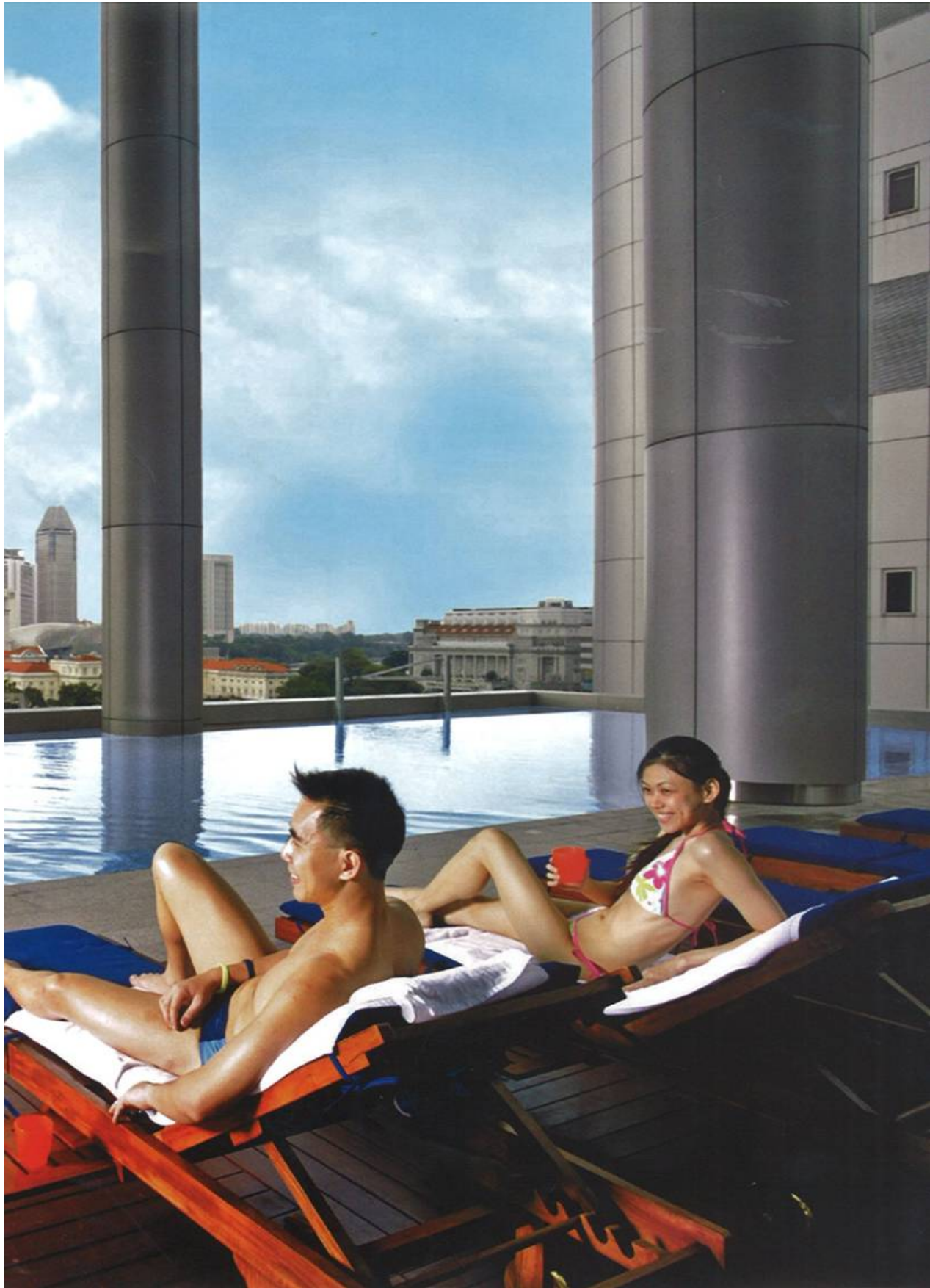
Essentials

Staying Trim

Looking slim, toned and every inch the sleek goddess is a must for the big day. With weight loss treatments abound and gym and yoga centres aplenty, not fitting into the gown would be the last worry on any bride's mind

By Melissa Lee Picture Courtesy of Fitness First





FITNESS FIRST

At Fitness First, there are no false promises, just advice that works and service that's genuine. Run on a treadmill, dance your way through a favourite class, pound muscle on the gym floor, loosen tensions in the steam room or relax in the member's lounge. It's about giving you what you want and helping you achieve your fitness goals.

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Fitness First, The Cathay
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Tel: 6732 4111

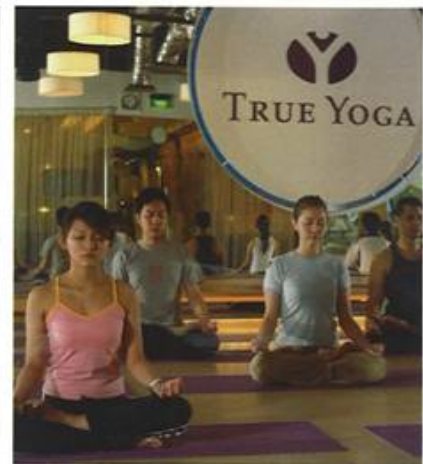
Fitness First Plus, Millennia Walk
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