

*A  
Supplement  
to the Jewish Exponent  
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# Weddings

## Something New

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### *Lithe What You See?*

You gotta love a fitness studio with classes like "A-List Abs" and "Skinny Jeans." It just shows how well Lauren Boggi, founder of **Lithe Method**, knows her clientele. Now



she's aiming for the bridal market with the Lithe Bridal Program, a five-week class to get you into prime shape for your Big Day.  
*Liberties Walk, 1030 N. 2nd St., 215928.1662;  
[www.lithemethod.com](http://www.lithemethod.com)*