

# Brides

# Philadelphia

## 171 RECEPTION SITES

The **48**  
Best  
Gowns  
of the  
Season

## 255 STYLE IDEAS



### W edding-Ready Body A Look at Lithe

Exercise classes with names like "Skinny Jeans" and "A-List Abs" make us instantly skeptical. But the **Lithe Method** classes, offered at a studio in Philadelphia, are actually worth further investigation. These hour-long sessions combine Pilates core work, ballet, cardio, strength training, and weights into one muscle-ton-

ing, fat-burning workout. The grueling-in-a-good-way classes are set to music and involve mats, ballet barres, and mini-trampolines, so you won't get bored while you're working up a satisfying sweat. Owner Lauren Boggi, who developed the Lithe Method, suggests three classes a week for five consecutive weeks to tone up and slim

down for your wedding day. Were we excited to hear about the typical results: Women can lose five to ten pounds and drop up to three dress sizes. That means if you're going to get lithe, you'd better do it before your final gown fitting. Prices start at \$17 per class. 1030 North 2nd St. 215-928-1662, [lithemethod.com](http://lithemethod.com)

