

## Boot camp for brides!

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asap's Hillary Rhodes visits **Stacy's Boot Camp**, where wives-to-be drill for a long march down the aisle, in this video report.

NEW YORK Picking the flowers, invitations and honeymoon spot are the easy parts of the wedding preparation for these women.

For them, wedding planning means blisters, sweat and panting their lungs into shape.

Romantic? Hardly.

Anybody who wants a hardcore workout in the beautiful Central Park can join Stacy's Boot Camp. But the drill-style exercise class has a particular attraction among brides-to-be -- women who want to fit into that special dress.

Boot Camp's founder, Stacy Berman, is a certified personal trainer who wanted to give exercisers an option of working out in nature rather than a gym.

Gym workouts lost their appeal among members after a while, she noticed. They're a good spot for jump-starting New Year's resolutions, she said, but they don't seem to have a lasting impact.

In this asap video, Berman discusses how Boot Camp gives many women more confidence so that they can feel more beautiful at their wedding.

Watch the video here: [asap.ap.org/data/interactives/\\_lifestyles/bridecamp](http://asap.ap.org/data/interactives/_lifestyles/bridecamp)