



IN THE ZONE



A Cruise/Holmes wedding is on the fast track. Katie Holmes has met with the owner of Buff Brides, a company that sculpts bodies for the big day. And, we're told, Buff Brides has specific instructions -- get Katie ready to look amazing in her wedding dress.

Now we have the specifics. A source tells TMZ that it's a sleek, strapless A-line dress that is form fitted across the waist and falls to the floor. As for cleavage -- not so much. The bust is cut straight across. We're told Katie has very specific goals to look great in the dress, working especially hard on her shoulders and back.

Sue Fleming, the owner of Buff Brides told TMZ that Katie has decided to use her program, with the help of a personal trainer who has licensed the Buff Brides fitness regimen.

Fleming has written fitness books for brides, moms and moms-to-be. Musicians, actresses, newscasters, and TV stars have all used her methods.