

Vitality Fitness Schedule

Opening hours: 6:00 am – 1:00 am

Sunday 3th – Southampton (12pm-4:30pm)

Meet and greet your Personal Trainers, Elisa and Maurice.
Learn about our Specialty Classes & Complimentary Seminars.

4:30 pm \$300 Raffle Drawing
5:00 pm – 8:00 pm Free Foot Print Analysis

AFTER RAFFLE: Ask your trainers about the InBody Analysis Special!

Monday 4th – Bruges, Belgium (8am-5pm)

6:00 am Tour De Cycle (\$12)
7:00 am Pathway to Yoga (\$12)
8:00 am Vitality Stretch
8:30 am Fab Abs
9:00 am **Complimentary Wellness Presentation:
RELIEVING BACK PAIN with GOOD FEET**

3:30 pm **Complimentary Wellness Presentation:
HOW TO INCREASE YOUR METABOLISM**

5:30 pm Evening Stretch

Tuesday 5th – Paris, France (7am-9pm)

6:00 am Tour De Cycle (\$12)
7:00 am Pathway to Yoga (\$12)
8:00 am Vitality Stretch
8:30 am Fab Abs
9:00 am Pure Form Pilates (\$12)
10:00 am **Complimentary Wellness Presentation:
DETOX FOR HEALTH & WEIGHT LOSS**
4:00 pm **Complimentary Wellness Presentation:
WALKING IN COMFORT with GOOD FEET**
5:30 pm Evening Stretch

INTRODUCING – The InBody 570

A Body Fat and Metabolism Analysis to teach you how to:

- Burn FAT Faster
- Eliminate Water Retention
- Increase Your Energy Levels
- Successfully Manage Your Weight



Discover ALL the information you need to obtain your desired results. Call 6400 to book today!

Got Back Pain? Sick of having sore knees or hip problems? The solution to your problem could be your feet. Come along to the fitness center Deck 16 FWD for your FREE foot print analysis. We may be able to give you the solution to your problem by seeing one simple foot print. Call 6400 to book today!



We recommend this signature body treatment...

Ionithermie Cellulite Reduction Program This revolutionary therapy reduces the appearance of cellulite, detoxifies the body and offers substantial inch loss (between 1-8 inches) in just one session.

