

LOTUS FITNESS CLASSES



GYM OPENING HOURS – 7:00am to 9:00pm

DOVER – 20 AUGUST 6AM-5PM

FITNESS TOUR - Come and explore the gym.
Meet your International Personal Trainer TINA
5:00PM - SPA RAFFLE - WIN up to \$500.00
6:00pm - WELLNESS SEMINAR: RELIEVING BACK PAIN
AND IMPROVING POSTURE

ST. HELIER (JERSEY) – 21 AUGUST 8AM-5PM

7:00am - Total Body Workout
7:30am - Morning Stretch
8:00am - Yoga *Fees Apply
9:00am - Pilates *Fees Apply
2:00pm - WELLNESS SEMINAR: RELIEVING BACK PAIN
AND IMPROVING POSTURE WITH GOODFEET
3:00pm - Tour de Cycle *Fees Apply
4:00pm - WELLNESS SEMINAR: DETOX FOR HEALTH &
WEIGHT LOSS
4:45pm - Stretch and Release

AT SEA – 22 AUGUST 10:45AM-10PM

7:00am - Total Body Workout
7:30am - Morning Stretch
8:00am - Yoga *Fees Apply
9:00am - Pilates *Fees Apply
10:00am - TRX *Fees Apply
11:00am - WELLNESS SEMINAR: DETOX FOR HEALTH
AND WEIGHT LOSS
2:00pm - WELLNESS SEMINAR: RELIEVING BACK PAIN
AND IMPROVING POSTURE WITH GOODFEET
3:00pm - Tour de Cycle *Fees Apply
4:00pm - Boot camp *Fees Apply

DUBLIN – 23 AUGUST 7AM-5:30PM

7:00am - Total Body Workout
7:30am - Morning Stretch
8:00am - Yoga *Fees Apply
9:00am - Pilates *Fees Apply
4:00pm WELLNESS SEMINAR: SECRET TO A FLATTER
STOMACH
4:45pm - Stretch and Release

LONDONBERRY – 24 AUGUST 9:45AM-8PM

7:00am - Total Body Workout
7:30am - Morning Stretch
8:00am - Yoga *Fees Apply
9:00am - Pilates *Fees Apply
10:00am - Boot camp *Fees Apply

4:00pm - WELLNESS SEMINAR: RELIEVING BACK PAIN AND
IMPROVING POSTURE WITH GOODFEET

4:45pm - Stretch and Release

AT SEA – 25 AUGUST

7:00am - Total Body Workout
7:30am - Morning Stretch
8:00am - Yoga *Fees Apply
9:00am - Pilates *Fees Apply
10:00am - TRX *Fees Apply
11:00am - WELLNESS SEMINAR: DETOX FOR HEALTH
& WEIGHT LOSS
2:00pm - WELLNESS SEMINAR: RELIEVING BACK PAIN
AND IMPROVING POSTURE WITH GOODFEET
3:00pm - Boot camp *Fees Apply
3:45pm - Tour de Cycle *Fees Apply
4:45pm - Stretch and Release

ROSYTH (EDINBURGH) – 26 AUGUST DAY 1 7AM

7:00am - Total Body Workout
7:30am - Morning Stretch
8:00am - Yoga *Fees Apply
4:00pm - WELLNESS SEMINAR: HOW TO INCREASE
YOUR METABOLISM
4:45pm - Stretch and Release

ROSYTH (EDINBURGH) – 27 AUGUST DAY 2 1PM

7:00am - Total Body Workout
7:30am - Morning Stretch
8:00am - Yoga *Fees Apply
2:00pm - Tour de Cycle *Fees Apply
3:00pm - Boot camp *Fees Apply
4:00pm - WELLNESS SEMINAR: RELIEVING BACK
PAIN AND IMPROVING POSTURE WITH GOODFEET
4:45pm - Stretch and Release

MUST SIGN UP TO GUARANTEE A PLACE IN THE CLASS

<u>Individualized Personal Training</u>	\$45 per class OR \$115 for 3 classes
<u>Individualized Nutrition Plan</u>	\$85 per class OR \$150 per couple
<u>Wellness Consultation</u>	\$50 per person OR \$50 for 2 people
<u>Yoga/Pilates</u>	\$12 per session OR \$50 for 5 sessions
<u>Tour de Cycle</u>	\$15 per session OR \$60 for 5 sessions
<u>TRX Suspension Training</u>	\$20 per session OR \$65 for 4 sessions
<u>Body Sculpting Boot Camp</u>	\$30 per session OR \$100 for 4 sessions