

Fitness Activities

QUEBEC CITY – 03/10/2009

17.00 to 19.00 GYM Orientation

QUEBEC CITY – 04/10/2009

08.30 Early morning stretch (free)
17.00 Seminar: Detox for your health and weight loss

SAGUENAY – 05/10/2009

08.30 Early morning stretch
17.00 Secrets to a flatter stomach
18.00 Yoga* (10 €)

AT SEA – 06/10/2009

08.30 Early morning stretch (Free)
09.00 Pilates* (10 €)
15.00 Seminar: It's time to loose weight from
18.00 Yoga (10€)

CHARLOTTETOWN – 07/10/2009

08.30 Early morning stretch (Free)
17.00 Aerobic class (25 min) - free
18.00 YOGA (10€)

SYDNEY NOVA SCOTIA – 08/10/2009

8.30 Early morning Stretch (Free)
16.00 Seminar : Burn fat fast
18:00 Pilates (10 €)



HALIFAX – 09/10/2009

08.30 Early morning Stretch (Free)
17:30 Aerobic class (25 min) - free
18.00 YOGA (10€)

BOSTON – 10/10/2009

08.00 Early morning Stretch (free)
08:30 Abdominals class (25 min) free
17.30 Seminar: It's time to loose weight on the right areas

BAR HARBOR – 11/10/2009

08.30 Early morning Stretch (free)
09.00 Abdominals class (25 min) free
17.30 Seminar: Detox for your health and weight loss

NEW PORT – 12/10/2009

08.30 Early morning Stretch (free)
09.00 Pilates (10€)
17.30 Seminar: Burn Fat fast

**DO NOT MISS OUT OUR
INFORMATIVE FREE
SEMINAR! LEARN MORE
ABOUT DETOXIFICATION,
WATER RETENTION,
CELLULITE & METABOLISM**

**NON PERDERE I NOSTRI
SEMINARI INFORMATIVI PER
SAPERE DI PIU' SU
DISINTOSSICAZIONE,
RITENZIONE IDRICA,
CELLULITE e
METABOLISMO**

**NO TE PIERDAS NUESTROS
INTERESANTES SEMINARIOS
INFORMATIVOS Y APRENDE
MAS SOBRE:
DETOXIFICATION,
RETENCION DE LIQUIDOS,
CELLULITIS y
METABOLISMO!**

**WITH OUR BODY
COMPOSITION ANALYSES AND
METABOLISM TEST!**

**CON LA NOSTRA ANALISI
CORPOREA E TEST
METABOLICO**

**CON NUESTRO ANALISIS DE LA
COMPOSICION CORPORAL Y
TEST DEL METABOLISMO**

Fitness Classes

Tutte le lezioni devono essere prenotate anticipatamente; in caso di mancata partecipazione si prega di avvisare con 24 ore di anticipo, altrimenti sara' caricato il 50% del costo della lezione Il costo di ogni singola lezione e' di 10 euro.
Please give as a 24-hour notice when cancelling or re-scheduling appointments or you on-board account may be charged with 50% of your treatment cost .