



Lotus fitnessclasses



Sunday @ SEA

- 7:00am Walk a Mile (deck 7)
- 7:30am Vitality Stretch
- 8:00am Balance Yoga Basics*
- 9:00am Core Pilates Basic*
- 10:30am **Seminar:** Detox for Health, Weight Loss
- 1:30pm Seminar: Burn Fat Fast
- 5:30pm Tour de Spin*

Monday Halifax 8am-5pm

- 7:00am Walk a Mile (deck 7)
- 8:00am Circuit Training
- 5:00pm Core Pilates Basic*

Tuesday Saint John 9am-5pm

- 7:00am Walk a Mile (deck 7)
- 8:00am Balance Yoga Basics*
- 5:30pm Tour de spin*

Wednesday Bar Harbor 7am-6pm

- 7:00am Walk a Mile (deck 7)
- 8:00am Total body conditioning
- 5:00pm Core Pilates Basic*

Thursday Boston 7am-4pm

- 7:00am Walk a Mile (deck 7)
- 8:00am Vitality stretch
- 4:30pm **Free Seminar:** Secrets To A Flatter Stomach
- 5:30pm Tour De Spin*

Friday New Port 9am-6pm

- 7:00am Walk a mile (deck 7)
- 8:00am Balance Yoga Basics*
- 4:30pm **Free Seminar:** Eat more to Weight Less
- 5:30pm Total Body conditioning

*denotes 12 dollar single classes



Class Programs CORE, BALANCE, STRENGTH Single classes are charged at \$12.

Menu of Services:

Personal Training – For strength, tone, weight loss, rehabilitation	\$85
Nutritional Consultation – Stay healthy and lose weight by eating right	\$85
Fitball Session, Strengthen your Core, Phenomenal for Posture	\$60
Express Personal Training - Power Half Hour	\$50



fitness training services

seminar on board

METABOLIC TESTING \$35

Everybody carries excess fat, however the chances are that a large percentage of what you might think is fat, is actually water retention.

We will help you lose 50% of that excess water retention:

We can raise your metabolic rate so you will burn fat and calories while you are resting!

We will help reduce the severity of Cellulite

We will improve your health and well being both Internally and Externally

We will provide you with a lifestyle solution
MINIMUM EFFORT, MAXIMUM RESULTS

PERSONAL TRAINING

One on One Training

with one of our two renowned International Fitness Experts.

Whatever your goal.

Core Conditioning • Yoga Training

Weight Loss • Gain Strength

Muscle Tone / Definition • Flexibility Training

Express PT - \$50.00

Top Up, Kick Start - Single Session \$85.00

Ready for a Lifestyle change - Course of 3 - \$209.00

TOUR DE SPIN

We have teamed up with the Lance Armstrong Foundation to help raise awareness for the treatment and support of cancer patients: Our amazing indoor cycling class is guaranteed to get your blood pumping! Special pre-choreographed routines will take you through a journey which is the Tour De Spin.



EDUCATIONAL SEMINARS

Focusing on your health and fitness questions.

Ever wanted to know how to lose weight and not muscle?

Ever wanted to know correct eating habits and not dieting?

Without cancelling out all the "good things" in life?.

Wondered why people get older with age and not stronger over time?

BURN FAT FASTER

Let us educate you in the art of losing weight and toning up before you even step in the gym or change your diet!

45 minutes of your time on a sea day.

Which means if you have exercised and dieted and not seen results you should be present! There is no excuse.

DETOX FOR ENERGY & WEIGHT LOSS

A seminar devoted on detoxification? Find out how you can change your life and lifestyle by cleansing, repairing and healing you body:

Come and listen and find out for yourself

SECRETS TO A FLATTER STOMACH

Always wonder why supermodels are super?

Its because they look good.

They have amazing bodies - yet some of them

don't work hard for it at all!

Look around you: People gyming, some small, some big, some skinny, some overweight!

Yet why when you train you don't see the same results?

Come and let your detoxification specialist show you how