

Fitness and Seminar Schedule

Open daily from 6:00am – 9:00pm

Greenhouse Spa and Salon, 9

Dial 94 for bookings and appointments

Sunday New York - 5:00pm
 11:30am – 4:00pm Tour the Greenhouse Spa and Salon
 11:00am – 9:00pm Meet you onboard international personal trainers Gavin and Tomas to discover the Eurodam Fitness Program.

Monday Newport, 7:00am-3:00pm
 7:00am Stretch and Relax
 7:30am Fab Abs
 9:00am Pilates \$12
 4:00pm Seminar: Secrets to a Flatter Stomach

Tuesday Gloucester, 9:00am - 6:00pm
 7:00am Stretch and Relax
 7:30am Fab Abs
 8:00am Cycling \$12
 9:00am Yoga \$12
 10:00am Seminar: Detox for Health and Weight Loss

Wednesday Bar Harbor, 8:00- 5:00pm
 7:00am Stretch and Relax
 7:30am Total Body Conditioning
 9:00am Seminar: Inch Loss Made Easy
 4:00pm Seminar: Eat more to Weigh Less
 5:00pm Cycling \$12

Thursday Halifax, 8:00am - 5:00pm
 7:00am Stretch and Relax
 7:30am Fab Abs
 9:00am Yoga \$12

Friday Sydney, 8:00am -5:00pm
 7:00am Stretch & Relax
 7:30am Total Body Conditioning
 9:00am Seminar: Increase Your Metabolism
 5:00pm Pilates \$12

Saturday Charlottetown, 8:00am -5:00pm
 7:00am Stretch & Relax
 7:30am Fab Abs
 9:00am Seminar: Cleanse Yourself back to Health
 5:00pm Cycling \$12

Sunday Cruising the Gulf of St. Lawrence
 7:00am Stretch and Relax
 7:30am Total Body Conditioning
 8:00am Cycling \$12
 9:00am Yoga \$12
 1:00pm Seminar: Inch Loss Made Easy
 10:00am Seminar: Secrets to a Flatter Stomach
 2:00pm Seminar: Detox for Health and Weight Loss
 4:00pm Pilates \$12

Monday Saguenay, 8:00am -5:00pm
 7:00am Stretch and Relax
 7:30am Fab Abs
 9:00am Yoga \$12
 10:00am Seminar: Burn Fat Faster

Tuesday Quebec, 8:00am-11:59pm
 7:00am Stretch and Relax
 7:30am Total Body Conditioning

Personal Training

50 minutes

\$85 for one session/\$210 for 3 sessions

\$150 for a buddy or couples session

Body Composition Analysis

Measures metabolic rate, toxin and fluid levels, muscle mass, body fat % and more...

\$35

Specialized Class Packages

Yoga \$30 for 3 classes

Pilates \$30 for 3 classes

Spinning \$30 for 3 classes

Please note that class passes are non-refundable

Zone Nutritional Consultation

50-minute session (includes BCA)

\$85

BODY COMPOSTION ANALYSIS

Find out what causes those stubborn areas of fat and how to get rid of them! From this fantastic 45 minute consultation you will find out your: fluid retention, metabolic rate, hydration levels, and more...

\$35 per person

Only \$50 per couple

Dial 94 or visit the Greenhouse Spa, 9 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.



THE GREENHOUSE
SPA & SALON

