

# Fitness Center Schedule

## Day 1: Boston (departs at 7:00 pm)

Noon - 8:00 pm Meet your Personal Trainers, Richard & James, for class and seminar sign ups.

5:45 pm **Free Seminar – Eat More to Weigh Less**  
“A Nutrition Master Class”

## Day 2: Portland, Maine (7:00 am – 7:00 pm)

07:30 am Wake Up & Stretch

08:00 am Shape Up, Firm Up

## Day 3: Bar Harbor, Maine (7:00 am – 5:00 pm)

07:30 am Wake Up & Stretch

08:00 am Fab Abs

4:00 pm **Free Seminar – Burn Fat Fast**  
“Maximize your fat burning potential”

5:00 pm Wheels In Motion (\$12 fee)

## Day 4: Halifax, Nova Scotia (9:00 am – 6:00 pm)

07:30 am Wake Up & Stretch

08:00 am Pathway to Yoga (\$12 fee)

## Day 5: At Sea

07:30 am Wake Up & Stretch

08:00 am Aerobics In Motion

09:00 am Pathway to Pilates (\$12 fee)

10:00 am **Free Seminar – Detox For Health & Weight Loss**  
“Exercising? Dieting? No results? This is for you!”

2:00 pm **Free Seminar – Secrets to a Flatter Stomach**  
“Lose and maintain weight loss from the right areas!”

3:00 pm Wheels In Motion (\$12 fee)

## BODY COMPOSITION ANALYSIS \$35

Discover in a 45 minute health consultation a blueprint of your body. **Body Fat %, Metabolism Rate, Muscle %, Calorie Intake, Weight to lose, Retained Fluid Level, Toxic levels + more**  
Then find out what to do!

- ✓ Improve your immune system
- ✓ Raise your metabolism and reduce body fat
- ✓ Increase blood and lymphatic circulation
- ✓ Lower blood pressure and cholesterol
- ✓ Lose weight from the right places
- ✓ Eliminate water retention
- ✓ Improve digestion
- ✓ Reduce cellulite

## PERSONAL TRAINING

Do you plateau with your current exercise regime?  
Are you sick and tired of being sick and tired?  
Gain the knowledge and techniques you need  
to create a healthy and strong body.

Choose from the following:

Pilates Yoga Sports Specific Rehab  
Flexibility Strength Work Tone  
Weight Loss Stronger Bone Density

½ hour \$40

For more information please contact telephone extension 3887 / 3888



Try this Salon Favorite...

**GoSMILE Tooth Whitening** Your smile is the outward expression of your inner beauty. A beaming smile makes you look younger, more radiant and confident. Are you ready to smile? Then try our advanced tooth whitening treatment available at the spa. It's a safe and effective way to take your smile from drab to fab in just minutes. Consultations are free.

