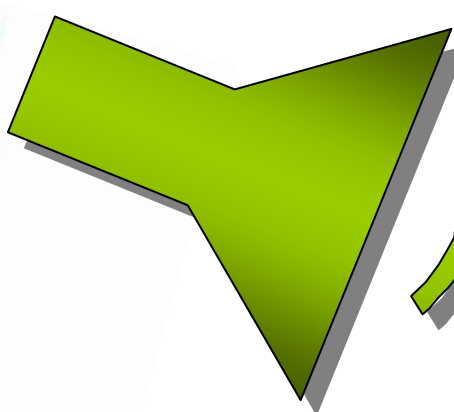


5 Week Course 9th Jan - 9th Feb

January 2012!



Spirit
HEALTH & LEISURE SUITE



DAY	Monday	Tuesday	Wednesday	Thursday
6:15 – 6:45	Fab Abs	Stretch n' Flex		Fab Abs
6:30 – 8:00			Hatha Yoga	
7:00 – 8:00	Circuits	Pilates		Boot Camp
INSTRUCTOR	Mal	Catriona	Linda	Wayne

Please Note

- Classes are free for members
- Policy of first come first served is in place
- Minimum no. participants required for classes
- Bring water and a towel
- Instructors may change
- Wear suitable clothing & footwear
- Arrive 10mins early to ensure entry
- Classes may be cancelled due to hotel meetings



Pay as you go or Block Booking options available, Enquire @ Desk: 0667199111

Boot Camp You will be ready for battle!
Free your mind and loosen up, because when the Fit Camp starts, the fun starts!

Stretch n' Flex With the intention of building longer, leaner muscle and improving flexibility this is a body & mind must have!

Fab Abs Take a chisel to your mid-section! Want a washboard waist line?!

Circuits Get your blood pumping and your body shaking!
This is a full body circuit training workout to burn fat and tone the body for maximum results.

Hatha Yoga improves your lifestyle via physical postures, controlled breathing, and the calming of the mind through relaxation and meditation. Balance and strength are practiced to condition the physical health and clear the mind.

Pilates goes beyond the surface muscles and asks you to utilize the deep internal muscles to maintain stability in motion. This class will be demanding from the trunk, especially abdominals and muscles of the back.

