

# Fitness solutions

real fitness, real results

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## MON

7am - 7.30am  
30 MINUTE  
FAT BLASTER  
WORKOUT

9.30am - 10.00am  
30 MINUTE  
FAT BLASTER  
WORKOUT

4.30pm - 5.30pm  
SPIN AB'S  
& CORE

5.30pm - 6.30pm  
SPIN AB'S  
& CORE

6.30pm - 7.30pm  
SPIN AB'S  
& CORE

7.30pm - 8.00pm  
30 MINUTE  
FAT BLASTER  
WORKOUT

## TUE

7am - 7.30am  
30 MINUTE  
FAT BLASTER  
WORKOUT

9.30am - 10.30am  
Fatloss & Tone  
SPIN Circuits

5.30pm - 6.30pm  
Fatloss & Tone  
SPIN Circuits

6.30pm - 7.30pm  
Fatloss & Tone  
SPIN Circuits

7.30pm - 8.00pm  
30 MINUTE  
FAT BLASTER  
WORKOUT

## WED

7am - 7.30am  
30 MINUTE  
FAT BLASTER  
WORKOUT

9.30am - 10.00am  
30 MINUTE  
FAT BLASTER  
WORKOUT

4.30pm - 5.30pm  
Fatloss & Tone  
SPIN Circuits

5.30pm - 6.30pm  
SUPER SPIN  
AND CIRCUITS

6.30pm - 7.30pm  
SUPER SPIN  
AND CIRCUITS

7.30pm - 8.00pm  
30 MINUTE  
FAT BLASTER  
WORKOUT

## THUR

7am - 7.30am  
30 MINUTE  
FAT BLASTER  
WORKOUT

9.30am - 10.30am  
Fatloss & Tone  
SPIN Circuits

5.30pm - 6.30pm  
STUDIO SPIN  
BODYFIT  
BOOTCAMP

6.30pm - 7.30pm  
STUDIO SPIN  
BODYFIT  
BOOTCAMP

7.30pm - 8.00pm  
30 MINUTE  
FAT BLASTER  
WORKOUT

## FRI

7am - 7.30am  
30 MINUTE  
FAT BLASTER  
WORKOUT

9.30am - 10.00am  
30 MINUTE  
FAT BLASTER  
WORKOUT

4.30pm - 5.30pm  
Fatloss & Tone  
SPIN Circuits

5.30pm - 6.30pm  
Fatloss & Tone  
SPIN Circuits

6.30pm - 7.00pm  
30 MINUTE  
FAT BLASTER  
WORKOUT

## SAT

8am - 9am  
Fatloss & Tone  
SPIN Circuits

9am - 10am  
Fatloss & Tone  
SPIN Circuits

NO BOOKING REQUIRED  
PAY AS YOU GO CLASSES  
OR  
FLEXIBLE VOUCHER SYSTEM

NEW ROUTINES  
EVERY WORKOUT

NO TWO WORKOUTS  
THE SAME

# 28 DAY

*Kickstarter*

# FATLOSS & TONING PLAN

1

## SIZE MEASUREMENTS

- Body size measurements day 1 and 28
- Bodyfat and weight measured each week
- Accountability & motivation

2

## FOOD PLAN

- Large choice of foods
- Meal size and timing
- No calorie counting
- Protein, Carb and fat measured

3

## FITNESS CLASSES

- Choose any 3 classes per week from the 24 on the timetable.
- High energy workouts (minimum 700 calories per workout)
- Exercise combinations change each workout - no two workouts the same

4

## RESULTS

"I started my road to a healthier me with the 28 Day Fatloss & Toning programme at Fitness Solutions. I have now lost 4.5 stone of weight and incredibly 4 stone of that weight was fat, plus, 28.5 inches off my whole body including 10 inches off my waistline alone. I would recommend the 28 Day Fatloss & Toning Programme to anyone who is serious about starting to change their health and body shape."

Ann Sanz, Ennis

LOCATION: LEISURE CENTRE, TREACY'S WEST COUNTY HOTEL