

Fitness solutions

real fitness, real results

Call or text Darren 086 0311111
email : darren@fitnesssolutions.ie
www.fitnesssolutions.ie

4TH SEPTEMBER - 22ND DECEMBER 2017

MON

06.45 - 07.45am
STUDIO SPIN
BODYFIT
BOOTCAMP

4.30pm - 5.30pm
Fatloss & Tone
SPIN Circuits

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

9.30 - 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

06.45 - 07.45am
STUDIO SPIN
BODYFIT
BOOTCAMP

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

9.30 - 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

06.45 - 07.45am
STUDIO SPIN
BODYFIT
BOOTCAMP

5.30pm - 6.30pm
Fatloss & Tone
SPIN Circuits

6.30pm - 7.30pm
Fatloss & Tone
SPIN Circuits

SAT

8am - 9am
Fatloss & Tone
SPIN Circuits

9am - 10am
Fatloss & Tone
SPIN Circuits

Attend any fitness solutions
class on the timetable
NO BOOKING REQUIRED.

Pay as you go or Flexible payment
voucher system.

New exercise combinations every
workout, no two workouts ever 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

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

2

FOOD PLAN

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

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