

AMOR LIFESTYLE COACHING: EXCLUSIVE HEALTH STUDIO NEW YEAR TIMETABLE OF SESSIONS - 2010

Time Day	5:30 - 6:30am	6:45 - 07:45am	09:00 - 10:00am	10:00 - 11:00am	11:00am - 12 noon	12:30 - 13:30hrs	18:00 - 19:00hrs	19:15 - 20:15hrs	20:15 - 21:30hrs
Monday:	Early Bird! PT	Sunrise! PT	-	-	-	Mums' Bums 'n' Tums	Boxercise (Women only)	Circuit Training	Personal Training
Tuesday:	Early Bird! PT	Sunrise! PT	-	-	-	-	Ab-tastic Core Stability	Boxercise (Mixed)	Personal Training
Wednesday:	Early Bird! PT	Sunrise! PT	5-Star Pilates (Beginners)	5-Star Pilates (Intermediate)	5-Star Pilates (Pregnancy)	-	Gym*	Gym*	Gym*
Thursday:	Early Bird! PT	Sunrise! PT	-	-	-	Mums' Bums 'n' Tums	Circuit Training	Boxercise (Mixed)	Personal Training
Friday:	Early Bird! PT	Sunrise! PT	-	-	-	-	Paired PT (2-Pack Taster)	Paired PT (2-Pack Taster)	-
Saturday:	-	-	Gym*	Gym*	Gym*	AMOR-obics	-	-	-
Sunday:	-	-	Gym*	Gym*	Gym*	-	-	-	-

INFORMATION ABOUT THE CLASSES + CONDITIONS OF USE OF HEALTH STUDIO WHEN OPERATED AS A 'GYM':

- **Early Bird! PT:** One on one Personal Training. An ideal stress-buster for those hitting the City first thing! Exclusive Gold, Silver & Bronze Memberships.
- **Sunrise! PT:** One on one Personal Training. Perhaps more suited to those needing motivation before their 9 'til 5! Exclusive Gold, Silver & Bronze Memberships.
- **Paired PT (2-Pack Taster):** Ever fancied the idea of exclusive Personal Training? Too expensive? Share the cost with a friend! (... and unwind in the bar after!)
- **5-Star Pilates:** Small, cosy groups of 4. Learn a specialist practice to improve posture for a healthier back. Plus ante & post natal care. Ideal for 2 pairs of friends.
- **Boxercise (mixed or all female group):** Sweaty, gritty and not too technical on the pads! Upper-body sculpting, calorie burner and reflex sharpener!
- **Ab-tastic Core Stability:** Solid, effective work on deep muscles around the spine. Fun, specialised use of Swiss ball. 4 weeks working a HARDER-CORE!
- **Circuit Training:** Safe & effective training session. Cardio-vascular and resistance work. All-over conditioning and suitable for all ages, sizes and abilities!
- **Mums' Bums 'n' Tums:** A slower, less intense class targeting those areas that need a little TLC to firm up! Come on, do your bit ladies... Working! Working!
- **AMOR-obics:** Aerobics, AMOR-style! Raise your heart rate, pump a sweat and burn some serious calories! Exercise and enjoy - and let the music lift you up!
- **Gym*:** No long-term, fixed monthly / annual commitment. I.e. book 6 sessions, get 8 weeks to use them! EXCLUSIVE SERVICE: Pay only for what you use!



AMOR-LC
"From The Heart!"

IMPORTANT: SPIN AND SALSA CLASSES ARE COMING SOON - PLEASE CONTACT A MEMBER OF STAFF TO REGISTER YOUR INTEREST!

* The use of the AMOR-LC Health Studio can be compared to a typical gym, but is clearly different with its intimacy, flexibility and communication:

I.e. Book your Wednesday and / or weekend slot on the condition that it's subject to a maximum 2-hour time-change... but this is ONLY if the days' sessions are not filled with a minimum of 4 people. If the slots get filled there will be no time-change - simple! We'll text or e-mail you by mid-morning the day before to confirm your booking.

For your satisfaction and to maintain exclusivity, we allow a maximum of 6 people at any time slot so you are pretty certain of getting to use the equipment you need.