

FITNESS & WEIGHT-LOSS WORKOUT IN GROUPS

WITH YOUR FIT-STOP TRAINERS
ŠTĚPÁN AND JIRKA



WHERE: HIT FITNESS FLÓRA
(CHRUDIMSKÁ 2B, PRAHA 3, FLÓRA)

WHEN: TUESDAY 12:00-1:00 P.M.
FRIDAY 7:00-8:30 A.M.
(EXTRA 15-30 MINUTES OF CARDIO TRAINING)

WORKOUT CONSISTS OF:

- WARM UP
- FITNESS TRAINING
- PROPER STRETCHING
- SHORT NECK-MASSAGE
- EXTRA 15-30 MINUTES OF CARDIO (FIT BOX, STEP, SKIPPING ROPE, RUNNING ETC....)
- ON FRIDAY'S EXERCISING

PRICE:
119,- /CZK PER PERSON
(THE GYM ENTRANCE FEE IS NOT INCLUDED)

EXTRAS!:

- TAKE YOUR (ALSO NON-EXXON) FRIENDS WITH U
- PAY US THROUGH FLEXXTYLE OR CASH
- ANOTHER TIME AND DAY POSSIBLE FOR A GROUP OF MINIMUM 5 PEOPLE
- PRESENCE OF PROFESSIONAL MASSEUR OR MASSEUSE

CONTACTS AND PURCHASE ORDER:

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