

NOVEMBER 2015

DUBLIN
Fit Club

PRE-XMAS BOOTCAMP

**SIGN UP FOR OUR
6 WEEK PRE-XMAS
PREPARATION CAMP!**

- Starting Monday 2nd November
- 6 weeks
- 2 or 3 sessions per week
- Monday, Wednesday and Saturday
- Nutritional Plan
- Small group sessions
- Additional home training plan
- Initial, Midway and Final measurements taken
- Constant online support and private blog access to guarantee that you are on the right track!
- Swap the baggy Xmas jumper for your favourite party dress...
- Improve energy levels and sleep patterns
- Genius "life hacks" for food and drink choices when you're out and about...
- Training to boost your metabolism and minimise the damage caused by all the fun...

2 small group
sessions per week

€ **140**

3 small group
sessions per week

€ **180**



Be a step ahead of the crowd & get a jump on the New Year. Finish this one the right way.

Book now, very limited availability!

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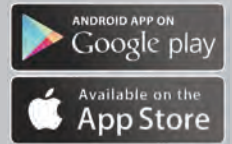
Booking made easier

To help you book into and keep track of your class/training history, follow these easy steps...

- Download MindBody Connect App (for free)
- Search Dublinfitclub (Location services on your device has to be on)
- Sync your MindBody Connect Account with us (Dublinfitclub)
- Book your sessions as desired

- **1 Session for €10**
- **2 Sessions a week for €15**
- **3 Sessions a week for €20**
- **Unlimited Weekly for €25**
- **Unlimited Monthly for €80**

- Training week runs from Monday to Saturday
- VAT Receipts for training can be printed directly off the App.



Open Day! Sat 28 November

If you haven't seen our new training facility yet, why don't you drop in to us on Saturday 28th for a free fitness session, nutritional talk or get your body an MOT...

It's a great opportunity to call in with all your fitness queries, take part in a session or just grab a coffee & have a chat.

We will be running free sample training sessions in:

- **TRX**
- **CARDIO COMBAT**
- **MOBILITY and FLEXIBILITY**
- **KETTLEBELLS**
- **YOGA**
- **SFMA Movement Analysis**
- **HIIT**
- **PILATES**
- **FREE WEIGHTS LIFTING WORKSHOP**
- **ZUU**
- **NUTRITION TALKS**

Competitions and prizes on the day!

See the open Day schedule on Facebook!



Weightlifting Sessions



Benefits of Weight Lifting:

- Increase Muscle Mass
- Improve Body Composition (Look Athletic)
- Boost Metabolism (Burn Fat)
- Increase Bone Density and reduce the onset of Osteoporosis
- Improve strength
- Improve Heart Health and Brain Function

- We are midway through our Free Weight lifting Term and are now open for bookings for our new 4 Week Term.
- Beginning Monday 16th November and finishing Saturday 12th December.
- Groups limited to 6 participants.
- 3 Mentored Sessions per week (with a 4th Unmentored Session optional)
- All training Planned and Implemented at Dublin FitClub

Booking Essential!

DUBLIN
Fit Club

7b, Sunshine Industrial Estate,
Crumlin, Dublin 12

 /DublinFitClub

 /dublinfitclub

 dublinfitclub@gmail.com

 PJ - 086 873 2298

 Brian - 087 919 3051

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