



Hi guys,

We hope you are keeping well and are looking forward to the holiday season as much as we are...

It was great to see so many of you make the most of our 20% off training offer, putting the hard work in before the madness starts will stand by you come January.

The 20% discount for Unlimited Weekly/Monthly Passes is still valid for December!



However, buy before 17th December and you will receive an exclusive 10% early bird discount (€135). This early bird offer is only available to DFC regulars!

### **KICK-START JANUARY...**

- The Ultimate, all inclusive 30 day Training Plan
- Starting on 2nd January
- This will consist of 30 days of training and nutrition advice
- Five days in house training with us and two on your own
- Nutrition advice on how to eat correctly according to your goals
- Measurements
- Body Fats (optional)
- Before and after photos (optional)
- Constant online support
- Accountability with training and nutrition

**€150**

### **Christmas Hours**

Our last session will be at 10am on Friday 23rd December.

We will then be open on:

28th December @ 10 - 12am

29th December @ 10 - 12am

We'll be closed over New Years and then re-open on 2nd January 2017 and run as per usual off the timetable.

## Surviving the party Season.. is it possible?



The inevitable excitement (and in equal measures, dread) of Christmas is upon us.

The endless parties, over indulgence on alcohol and food, along with the lack of exercise/sleep and decent food can lead to a rapid decline of fitness and lifestyle gains.

Is enjoying the festive period and maintaining your fitness and lifestyle goals exclusive, or can they exist together?

**Address these five topics and get the best of both worlds...**

- 1 Activity and exercise
- 2 Damage limitation with good food and alcohol hacks
- 3 Hydration and alcohol
- 4 Sleep and stress
- 5 Detoxing your body

To find out exactly how to approach all of these over the holiday season, head over to our blog at [www.dublinfitclub.ie](http://www.dublinfitclub.ie)

You can have a great festive season and manage to keep your fitness levels and lifestyle on track.

## LIFTING COURSE

**Starting on 9th January**

A huge number of you have been asking when the next Lifting Course starts after Christmas..

There are 18 spots available and the course will commence on Monday 9th January.

These places always sell fast, so get your €50 deposit down and reserve your spot as soon as possible...!

**Accepting deposits NOW!**

## BLOG

If you want to read our latest blog on consistency in training then head over here: [www.dublinfitclub.ie](http://www.dublinfitclub.ie)

## Xmas Vouchers Available!

- The perfect Stocking filler!
- Give a loved one the gift of health and fitness
- Vouchers redeemable against all of our training, including Personal Training

**Call in to us for your Christmas present!**

**Happy Christmas!!**

**Brian & PJ**

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