

# ANAHITA



THE RESORT

MAURITIUS

## The Personal Fitness Centre

### Personal Training Program ( On Bookings Only - Ext. 6074 )

ITEM	1 Hour WorkOut	PRICE DETAILS
1	Fat Burn Program ( Loose Weight & Stretch )	 1 Session - MUR 2,000  <u>Packages</u> 3 Sessions - MUR 5,700 5 Sessions - MUR 9,000 10 Sessions - MUR 16,000
2	Get Fit Program ( Daily )	
3	Muscle Strength & Power Training	
4	Back Care Program	
5	Aqua Training ( Massages & Relaxes )	
6	Supple Strength Program ( Develops Flexibility )	
7	Core Stability ( Fit Ball - Strengthens Abdos & Back )	
8	Golf Fitness Program	
9	Body Zen Program (Incl. Yoga; Stretch; Tai Chi & Pilates)	
10	Resistance Circuit Training Program (Challenge Yourself!!)	
11	Kickboxing Circuit Training ( Cardio Boxing Moves )	
12	Tennis Fitness Program	

ITEM	30 Minute WorkOut	
13	Abdominal Challenge ( Strengthens Your Abs & Lower Back )	 1 Session - MUR 1,200
14	Specific Hips/Bum & Back Toning Exercises	
15	Total Body Stretch (Just RELAX...Let the Trainer do the Work!)	
16	Yoga Asanas, Breathing & Relaxation	