CARLTON SPORTS HEALTH CENTRE

ACTIONS

FEEL GOOD ON THE BEACH

Would you like to lose 5, 10 or 15 kilos under professional accompaniment? Join our "reduce fat training"! Within 12 weeks you will notice the results you wished for due to a personal exercise plan composed by our Health manager Aad van der Zwan.

The workout consist of:

- Acquaintance interview
- Personal exercise plan
- Professional accompaniment
- weekly measurement (weight, blood pressure, fat measurement and fat mass)
- Nutricion advise
- No registration fee

SAUNA EN MASSAGE

A relaxing afternoon in Carlton Sports Health Centre including a well doing massage. You can use swimming pool, whirlpool, sauna and steam bath and you can also enjoy a relaxing body massage. Nice recovering at the swimming pool, with a possibility to have something to drink or a snack.

From Monday till Friday 10.00 – 22.00 hours

Please reserve in advance.

For further information or reservations call Carlton Sports Health Centre
070 – 354 62 62.

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