

New Dates 2011

Fitness Party and Drop lbs.



7th to 14th September

From £799 per person



Fitness Party and Drop Beach Bootcamps in Lindos (Rhodes, Greece) for girls or guys who want to get away to exciting locations where FUN is the essence.

- Fitness classes and 1-2-1 training throughout the day.
- Nutrition advice.
- Party pm and I promise you that food will not be a priority and you will drop lbs.
-

You will feel amazing after seven days — just let yourself go ...

Gail Abbey
Personal Fitness Training



sospa corporate



Gail Abbey

www.GailAbbey.com | www.sospagreece.com

gail@sospagreece.com | 07818 492 578