



VIC KEEP FIT CLUB

**Our trainers
Margit and Andrea
will offer**

SUMMER CLASSES

during

JULY / AUGUST 2013

starting Monday, 1 July

Schedule of classes

| | | |
|------------------|------------------|----------------|
| Monday | 12 – 13 h | F09 Gym |
| Wednesday | 12 – 13 h | F1001 |
| Friday | 12 – 13 h | F1001 |

Payment of € 4.00 per hour will be directly to the trainer.

All classes will be a combination of back training exercises and cardio workout.