



## “Get Fit” Rejuvenating Programme

Health is priceless. It is time to check your fitness regime and make a conscious difference to the state of your health. With the “**Get Fit**” **Rejuvenating Programme** at Seven Eden Wellness Centre, achieve your fitness goals with the assistance of committed personal trainers.

Sign up now or purchase this gift of health programme for your loved one! Valid from 1 July to 31 August 2008.

### **Monthly - \$200.00++** **includes**

- Unlimited Usage of Gym
- Two complimentary fitness assessments
- One complimentary personal training session
- Complimentary fitness classes
- Three complimentary spa garden vouchers worth \$135
- 15 % off selected spa treatments (Mon to Thu only excluding Public Holidays)

### **Quarterly - \$500.00++** **includes**

- Unlimited Usage of Gym
- Two complimentary fitness assessments
- One complimentary personal training session
- Complimentary fitness classes
- Nine complimentary spa garden vouchers worth \$405
- 15 % off selected spa treatments (Mon to Thu only excluding Public Holidays)

**Call +65 6371 1483 or email: [seveneden@thesentosa.com](mailto:seveneden@thesentosa.com)**

*Terms & Conditions:*

*Applicable for guests aged 18 and above. No external personal trainer permitted. Complimentary fitness classes as per schedule.*