

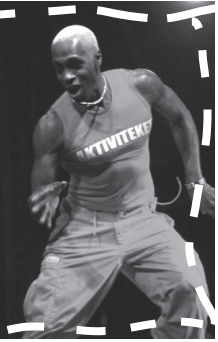


convention

Fun & Fitness



SAVA



FITZROY

Saturday: 23.10.10 Time: 10.00-17.00

- 10.00-10.30: Welcome -Charlotte and Natascha
- 10.30-11.25: Body Work -Fitzroy Gaynes
- 11.30-12.25: STEP Unique (int) -Sava Assenov
- 12.30-13.25: Garage-jam-AEROBIC (int) -Fitzroy Gaynes
- 13.30-14.00: Lunch
- 14.00-14.55: Soul Jazz (int) -Sava Assenov
- 15.00-15.55: STEP-a-jam (adv) -Fitzroy Gaynes
- 16.00-16.55: Show Dance (int) -Sava Assenov
- 19.30 - : Champagne party - Let's have fun

Price: kr. 450,- The whole event: 450 kr/60 euro, per class: 90 kr/12 euro.

Payment - Danske Bank
Reg.number.: 9402 Account number.: 0010699150

Booking:
Call: Fitness World, Dæmningen 34, 7100 Vejle,
Tlf. 50 60 87 25
Champange party takes place in Bryggerigården,

Book soon! Limited spaces.
More information: vasegaardensklinikker.dk

Fitzroy Gaynes is a self-styled personality in the world of health and fitness with over 25 years of sporting achievements. Having traveled the world to present master classes and seminars in Countries such as **the USA, Scandinavia and Australia**, underneath the surface is a charismatic, lively character generating a wealth of creative energy. With his unique presentations his contribution to fitness benefits everyone he reaches. Fitz (as he is better known) is also the creator of the ever-popular **Step-A-Jam and Garage Jam** As a choreographer and dancer **Sava's classes** are always full of ideas and fun. The former European Champion in acrobatics, and **Bulgarian Aerobics Champion**, is highly motivating and always gives his utmost in every class.