



FOTA ISLAND
FITNESS

YOU'RE INVITED

Fota Fitness Open Days
Sat 22nd, Mon 24th, Wed 26th April

The Open Day Schedule: (+ post work-out show around)

Sat: 11am: Spinning / Power Hour,
12pm: Outdoor Bootcamp, 2pm: BoxFit

Mon: 10am: Spin & Surprise

Wed: 6pm: Outdoor Bootcamp

Classes are Free, spaces are limited, book today!

T: +353(0)214673131 E: fitness@fotaisland.ie

The
FOTA | Collection

HOTEL SPA GOLF CLUB GOLF ACADEMY LODGES

Fota Island Resort, Fota Island, Cork, Ireland. www.fotaisland.ie

