











Mind over Body- Start achieving your goals today



Sat 17 July	Sun 18 July	Mon 19 July	Tue 20 July	Wed 21 July	Thu 22 July	Fri 23 July
 <p><b>Karate(Kids)</b> 1800hrs-1900hrs</p> <p><b>Karate</b> 1930hrs -2030hrs</p> <p><b>Thai Fitness</b> 2030hrs-2130hrs</p> <p><b>Kids (8-17) Water Sports Camp</b>  1630-1830</p> 	<p><b>Aqua Aerobics with Randal</b> (cardio&amp; strength) 0800hrs-0900hrs</p>  <p><b>Hip Hop * new</b> (kids ages 4 and above) 1000hrs-1100hrs</p> <p><b>Latin Cardio-all</b> (Cardio Studio 2) 1600hrs-1700hrs</p> <p><b>Guide to Fats:</b>  (good fat)</p> <p><b>Monounsaturated fatty acids:</b> Raises good (HDL) cholesterol lowers bad(LDL) cholesterol</p> <p>Choices:</p> <p>Extra virgin olive oil Almonds, Avocados Canola oil, Olive oil, Sesame oil, Pecans</p>	<p><b>Hip Hop * new</b> (kids ages 4 and above) 1000hrs-1100hrs</p>  <p><b>Pilates with Randal</b> (Strength Studio 1) 1500hrs-1600hrs</p> <p><b>Latin Cardio</b> (Cardio Studio 2)-all 1700hrs-1800hrs</p> <p><b>Karate(Kids)</b> 1800hrs-1900hrs</p> <p><b>Karate</b> 1930hrs -2030hrs</p> <p><b>Thai Fitness</b> 2030hrs-2130hrs</p> <p><b>Mini Olympics Squash Tournament Starts Today (go register)</b></p>	<p><b>Latin Cardio –Beginners</b> (Cardio Studio 1) 1500hrs-1600hrs</p> <p><b>Latin Cardio</b> Advanced (Cardio Studio 1) 1700hrs-1800hrs</p> <p><b>Mini Olympics</b></p> <p>Includes</p> <p><b>Swimming Beach football Volleyball Table tennis Table football</b></p>  <p>Members discounted rates.</p>	<p><b>Aqua Aerobics with Randal</b> (cardio&amp; strength) 0900hrs-1000hrs</p> <p><b>Hip Hop * new</b> (kids ages 4 and above) 1500hrs-1600hrs</p> <p><b>Jazz Dance *new</b> (adults) 1700hrs-1800hrs</p> <p><b>Karate(Kids)</b> 1800hrs-1900hrs</p> <p><b>Karate</b> 1930hrs -2030hrs</p> <p><b>Thai Fitness</b> 2030hrs-2130hrs</p> 	<p><b>Pilates with Randal</b> (Strength Studio 1) 1000hrs-1100hrs</p>  <p><b>Hip Hop * new</b> (adult) 1400hrs-1500hrs</p> <p><b>Latin Cardio-all</b> (Cardio Studio 1) 1800hrs-1900hrs</p> <p><b>Kids (8-17) Water Sports Camp</b>  1630-1830</p>	<p><b>Hip Hop * new</b> (kids ages 4 and above) 1500hrs-1600hrs</p> <p><b>Hip Hop * new</b> (adults) 1700hrs-1800hrs</p> <p><b>Ballroom Dance</b> 1900hrs-2000hrs</p>  <p><b>Round Abu Dhabi Cruise</b></p> <p>Tour Abu Dhabi from a different angle, catch the sun setting. 90 AED per person for 3 hours</p> <p><b>Boat departs:1500hrs</b> Register your name we have 8 spaces. (minimum spaces 8 must be filled)</p>

Email us: [Sheraton.resort@sheraton.com](mailto:Sheraton.resort@sheraton.com) [www.facebook.com/#!/SheratonAbuDhabi](http://www.facebook.com/#!/SheratonAbuDhabi)

Sheraton Abu Dhabi Hotel & Resort – Sheraton Fitness Schedule - 12.7.2010

Prior Registration is required. Class rates applicable. 02 6970 272