

Masseuse

Lymphatic Drainage (total)	50 minutes	21€
Lymphatic Drainage (half)	30 minutes	16€
Waxing (total)	45 minutes	12€
Waxing (half)	20 minutes	10€
Facial	60 minutes	16€
Facial Massage	30 minutes	22€
Body Massage	30 minutes	16 €
Reflexology	45 minutes	18 €
Shiatsu Therapy	45 minutes	18 €
Aromatic Massage Therapy	45 minutes	18 €

***Any 4 Massages of your choice for 50€*

******with special lotions=65€*

(excluding Anti-wrinkle, Cellulite & Hyaluronic Treatments)

MONTHLY SPECIALS

Cellulite Treatments- 10 for 180€

NEW!!! Hyaluronic Facial Treatment-4 Treatments for 82€



Welcome to the JFC Fitness Center

Hours of Operation

Mon-Fri; 0600-2000

Saturday; 1000-1600

Sunday; CLOSED

JFC Holidays; Closed

U.S. Holidays; 0800-1700

Call 081-721-2770 for more info.

Basketball Course

Ages 5-12

Mon, Wed, Fri; 1500-1800

Location: Air Dome

20 € per month

Instr: Armando 338-913-9865

Tae Kwon Do

Adults :Tues & Thurs; 1400-1500

Boys & Girls (13-18 yrs.)

Tues & Thurs; 1515-1630

Children (6-12 yrs.)

Tues & Thurs; 1630-1730

20€ monthly; Instr.: Maria Morra

333-666 -5537



Pilates and Power Yoga

Mon, Wed: 0700-0800 €40 per Month

Mon, Wed: 0830-0930 € 40 per Month

Friday: 0700-0800 & 0830-930

5 euro per class

Instr: Anna Austin 347-328-9874



Tennis Lessons

Youth... Tues & Thurs; 1500-1700

Adult...Tues & Thurs; 1700-1900

25 € per month

Private Lessons

Mon-Sat 15€ per lesson

Instr: Tony

081-721-2926 or 339-356-7913

Or 333-637-0522

Ultimate Abs with Jessica

Tues & Thurs: 0700-0730; Fridays 1300-1330

Free Abdominal Workout!

Instructor: Jessica Pigott @ ext. 3894

Spinning

Mon, Wed:1515-1600 Fri:1430-1515

4 € per class

Instr: Mario De Salsi 347-909-1053

Classic and Modern Jazz

Dance Classes

Age 7/10; Mon, Wed, Fri; 1530-1630

Age 11/18; Mon, Wed, Fri; 1630-1730

Age 3/5; Tues & Thurs 1530-1630

12€ per month; Instr: Raffaella 348-319-6268

British Circuit Training

Tues & Thurs; 1230-1330

Free ! Free ! Free!

POCs: Reid Glennie or Phil Kelly @ 2894

Aerodance & Step Class

Mon, Wed, & Fri: 0935-1035

20 € per month

2 € per class

Instr: Patricia Lopez 348-273-0054

Aerobics with Raffaella

Mon, Wed,1155-1255 Fri; 1200-1300

Tuesday and Thursday; 1125-1225

19€ per month or 2 € per class

Instr: Raffaella 348-319-6268