



THE FRISKIS & SVETTIS SESSIONS AT PARK CINQUANTENAIRE HAVE BEEN ONE OF THE BIG HITS OF THE SUMMER!

The free Cinquantenaire park sessions organized by the Friskies & Svettis sports club taking place every Tuesday and Thursday throughout the summer have proven to be a wonderful success.

All types of people of all ages and nationalities have enjoyed these summer fun-filled sessions. A total of 5000 people have attended the 16 sessions through July and August with an average of 300 participants at each session including a fantastic 570 at one of the Tuesday sessions...

The instructors and supporting team invite all those missing these wonderful outdoor park sessions to re-join the Friskies & Svettis team and experience what the new season of indoor sessions offers. The date not to be missed for this is Sunday 13 September 2009 between 10:00 and 15:00 at the Maalbeek sports center, 126 avenue d'Auderghem, 1040 Brussels. This is an Open-door day to explore the different sessions on offer and allow new members join the club at very reasonable costs:

Membership to allow access to all types of sessions (Indoors and Outdoors)

Age 25-59 years => 195 €for 10 months (September to June)
10 €for 5 months (September to January)

Age 12-24 and 60+ years => 135 €for 10 months (September to June)
80 €for 5 months (September to January)

Membership to Outdoor sessions only

90 €for 10 months (September to June)
50 €for 5 months (September to January)

Other options

4 sessions => 35 €
1 session => 10 €(5€for members of F&S in other countries)

Please note that Indoor sessions are offered in several different locations:

DE MAALBEEK (av d'Auderghem 126, 1040 Brussels)
VUB (Bd du Triomphe, entrée n°8, 1050 Brussels)
CENTRE SPORTIF DE LA WOLUWE (av. Mounier 87, 1200 Brussels)
WAUTERBOS (Sporthal, doornlarenhoofdstraat, 1640 Rhode St Genèse)
SCANDINAVIAN SCHOOL (Centre sportif, Square d'Argenteuil 5, 1410 Waterloo)

For a complete program listing, please refer to our internet web site: www.friskis.be

NB. A baby-sitting service will be available during this Open-door day.