



Brussels 01/12/2009

A FRISKIS & SVETTIS end of season date not to be missed!

It is guaranteed to get you warmed up for Christmas festivities!

The winter is quickly closing in on us but the Friskis & Svettis sports club will keep your spirits high and hearts 'apumping for the end of year celebrations.

There is simply no need to escape to a Finish sauna or Icelandic hot spring retreat as THE place to be is right here in the center of Brussels.

Friskis & Svettis warmly invites you on Sunday 13 December, 2009 between 10:30 and 12 :00 to Maalbeek sports center for a very special (and free!) Christmas sports event.

There you will find the sports hall full of weird, wonderful and fancy-dressed participants...you could meet Elfs, Reindeer, Fairies, Peter Pan or whatever. There will be a prize for the best dressed participant so join in!

After the exercise sessions, you are invited to share a traditional glass of 'Glögg wine', a delicious beverage from Scandinavia. What could be better!

Where?

Maalbeek Sports Center
126 Avenue d'Auderghem
Brussels 1040

When ?

Sunday 13 December 2009
Sessions from 10:30 to 12:00
Free Glögg **after 12:00**

Plus...

Father Christmas has kindly arranged for a free baby-sitting service from 10:30-13:00

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