

Press Release - ACTIVITIES & FITNESS CENTER

Brand New Fitness Center

Bonaire Wellness Connexions announces the official opening of a new Activities & Fitness Center at Eden Beach Resort on March 1, 2007. These two companies have established a fitness and activities center in the resort that will provide services including physical fitness training, exercise equipment, fitness classes and activities programs.

The new facility provides a comfortable and brand new fitness center, fitness classes, shower and changing room, reception area, a shop with healthy drinks, fitness equipment sales, bicycles, snorkel and kayaks rentals. A wide range of health & fitness programs are offered to all ages and to those in pursuit of healthy and life-enhancing experiences.

The exercise room offers a full range of fitness and cardiovascular equipment for members/guests who wish to pursue their daily exercise regimen. These include treadmills, stationary bicycles, elliptical machine, multi-exercise weight station and free weights. Stability balls, medicine balls, jumping robes, boxing gear, mats and bars are available as well.

Open days (open dagen) start from Feb.19 thru 28. Anyone interested can visit the facilities to get Information about memberships and health programs. The memberships available are **Active Fitness**: unlimited use of the fitness center, 1 free personal training session, 1 free towel, 1 free fitness customized training program. Naf. 110,00 per month; **Super Sport Fitness**: unlimited use of the fitness center, unlimited fitness classes, 1 free personal training session, 1 free towel, 1 free fitness customized training program Naf. 145,00 per month; **Sport Fitness**: two times a week fitness training Naf. 70,00 per month; and **Group Fitness** unlimited fitness classes Naf. 90,00 per month.

The group fitness programs continue this year bringing new moves and thrilling choreographies. The class schedule for the first quarter of 2007 includes Body & Mind, Combat and Body Form. Some new group fitness programs will be added in the second quarter such as steps and stability ball.

New Health & Fitness Programs for Everyone

BWC has introduced three new fitness programs all tailored to specific interests. The three programs are *BWC Fitness Revolution*; *Peak Performance Fitness*; and *Students Athletes Sport Fitness*. The 6 weeks programs – except SASF – will be available from April 1, 2007 to members and non-members and run until mid May. Students Athlete Sport Fitness will run all year long. All three programs are intended to prove fitness popularity with members and non-members alike providing something for everyone. Two new programs will be introduced later in the year. Prices for programs are Naf. 350,00 (\$200,00) per participant. SASF Naf. 125,00 per month.

BWC Fitness Revolution is a weight loss program designed to help people improve physical condition and lose weight fast in only 6 weeks. The 40 day program includes six personal training sessions and six intense group sessions. The sessions cover, the secrets of how to burn more fat, how to target difficult areas, as well as providing nutritional advice. Cardiovascular exercises, strength training and nutrition assessment is the foundation of this program followed by fun dynamic exercise programs.

Peak Performance Fitness is a fantastic sport fitness program designed for active people who are searching for new challenges. Increased body mass index, developed high cardiovascular efficiency and agility are some of the benefits of this amazing program. Training sessions include functional training, combat & boxing, balance, strength, conditioning and more...

Youth Athletes Sport Fitness is specifically designed for teenagers (10-17 years old). Kids will enjoy the new YASF led by fitness trainer, Miguel Angel Brito. This program looks at fitness for

mountain biking, swimming, running and kayaking training. The sessions cover, balance improvement, flexibility and cardiovascular fitness as well.

Outdoor Programs

With a beautiful nature to explore, many health & fitness programs take advantage of Bonaire's great outdoors. Hiking, mountain biking, kayaking, tai chi and yoga are among the many activities designed to improve health and introduce members to the natural wonders of Bonaire. Currently offer mountain bike rides every Saturday at 4pm. The meeting point is the Activities & Fitness Center at Eden Beach Resort. Stay alert with BWC's calendar of event (Bonaire Health & Fitness Guide) in order for you to be updated with latest outdoor programs.

For more information contact BWC or the Activities & Fitness Center at Eden Beach Resort.

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