

Carnival Massage Promotion

“Take it slow”

Get pampered before you hit the road for Carnival 2K18!

*Price: \$180 per person (staff/students)
\$280 (family/friends members)*

Valentine’s Day Promotion

“Hearts Delight”

The perfect gift for your perfect someone

Packages

It Takes Two-

*\$350 (2 staff member /2students)
\$450 (Staff/students and family /friend)
45 minutes’ couples massage*



Hearts Delight

\$200 (staff/students)
\$300 (family /friend)
One (1) hour relaxing massage

Regular		
Activity	Session	Semester
Stretch & Relaxation	\$25	\$270
Ballroom Dancing	\$30	\$250
Zumba	\$25	\$270
Aqua Aerobics	\$20	\$375
Learn to Swim		\$250
Spin	\$25	\$400
Towels	\$35 per towel	

Contact Us

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**SPORT & PHYSICAL
EDUCATION CENTRE**
St. Augustine



**SPORT
& PHYSICAL
EDUCATION
CENTRE**

*MOVE IT AND LOSE
IT FOR 2018*



Stay fit while having fun

SPEC Recreational Activities

Start the year right!

As part of our wellness initiative, The Sport and Physical Education Centre (SPEC) would like all staff to be part of this dynamic life changing opportunity.

An opportunity, to start the year on the right foot with all the recreational activities available here at UWI SPEC. A place that can jumpstart a healthy change in your life.

Choose what best works for you!

Take advantage of our new and improved Recreational Packages that gives you that option to exercise at your very own pace.

STARTER PACKAGE

A beginner’s package that target individuals who wants a light to mild workout, satisfying the body, soul and mind. Activities include:

- Zumba (Regular)
- Stretch and Relaxation

} (\$425)

CLASSIC PACKAGE

This is geared towards persons who already engage in routine workouts and would enjoy more variety to add to their regime. Activities include:

- Aqua Aerobics
- Spin
- Zumba (Regular)

} (\$800)



Eat Healthy Foods

ULTRA PACKAGE

This is a high intensity workout that is programmed to attain the highest level of physical development. Activities include:

- Aqua Aerobics
- Zumba Strong
- Spin
- Gym access

} (\$950)

SPEC SPECIAL PACKAGE

The option of choosing 2 or more of your favourite recreational activities that will help you meet and improve your health and wellness plan for 2018.

Please note that gym fees are not subjected to any discount and rates should be paid according to staff categories.

Call now to register and get 25% discount on any two recreational activities and 5% off one activity.