



## ULTIMATE FAT BLAST TRAINING

Better results in less time. Our 1 hour session emphasizes on a variation of training methodology while targeting a high calorie burn. Feel the difference with customized strength training and how it will improve your Basal Metabolic Rate (Daily Energy Expenditure).

RM150 /session of 1 hour inclusive of:

### Biological Impedance Analysis Test

Identify your Basal Metabolic Rate and set your daily calorie consumption based on your fitness goals.

### Stretching Activity

Experience a different stretching technique for warming up and cooling down to promote flexibility and reduce the risk of injury.

### Nutrition Advice

Learn a proper nutrition for fat loss and how it will influence hormonal response for an effective fat loss program.

\*Fat loss depends on the intensity of exercise, physiological response and a proper nutrition plan.\*

No matter your goal, we have a complete fat loss plan for you. Start transforming today!

For bookings and enquiries, we invite you to contact  
V Botanical Spa at Ext 591 (9am to 9pm).

All prices are subject to 10% service charge. Prices stated are exclusive of Service Charge.



INTEGRATED WELLNESS

*conscious living*

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