

RECHARGEZ VOUS !!!



**Gregory Capra**

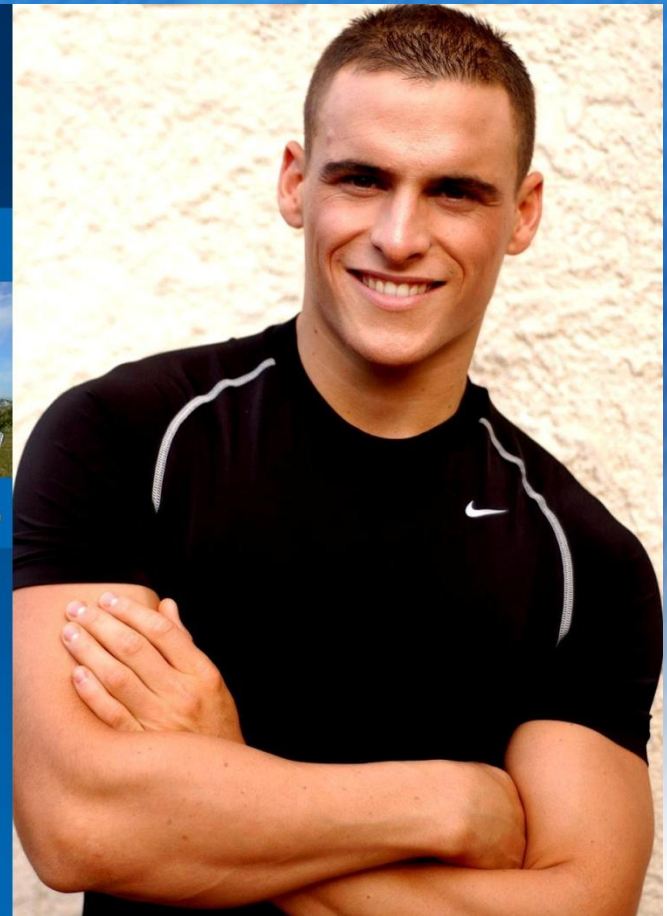
**COACH SPORTIF**



**Une méthode adaptée, un suivi personnalisé...**

**Musculation  
Remise en forme  
Préparation physique  
Conseils diététiques**

**[www.gregory-capra.com](http://www.gregory-capra.com)  
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1. SPORT STAYS GO ON!
2. A NEW ACTIVITY
3. NEW PARTNERSHIPS



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## **1. SPORT STAYS GO ON!**

**Sport stay in May 2011 is already fully booked!**

The two remaining dates for you to join us to these sport stas are: June 10th to 13th or October 21th to 24th.

Keep in mind that the last of the stay may be extended or shortened based on your demand and that additional dates might be planned for a group of minimum 6 to 8 people.



## **2. NEW ACTIVITY**

### **Sport: open to everyone!**

Our 2011 target is clear: to satisfy the greatest number. For this, I decided to create disabled-coach. Through this segment, we'll now be able to take care of people with motor disabilities of all kinds.

You have understood, from the beginning, my desire has always been to enable each of our athletes to achieve a better lifestyle, better acceptance of his body ... in short, well-being related to the harmony of body and mind ...so why an ordinary disability would limit me in this project ?!



### **3. NEW PARTNERSHIPS**

#### **You have been listened to!**

You all know us as adept to all new methods that can improve your wellness. New partnerships have been made with serious and trustfull companies to discover some new methods.

a) Institut centre de soins esthétiques Nathalie Klein Aix en Provence : Nathalie, who is trained to the famous Joëlle Ciocco method, welcomes you in the heart of the French provence in Aix en Provence.



<http://www.centredesoinsnathalieklein.com/societe--partenaires,p,14.htm>



### 3. NEW PARTNERSHIPS

You have been listened to!

b) Croco gym :  
Sport gym in Montpellier



c) P2C Racing :  
Keen on thrilling? You can find us in the Drôme, to learn technics applied by Sébastien Loeb !!



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