



Fitness

***Sisport Mirafiori
Via Pier Domenico Olivero 40 - TO
Season 2022-2023***



www.sisport.life - sisport@stellantis.com  

FITNESS MEMBERSHIPS

FITNESS OPEN

Access to the Gym Floor, to the fitness classes and to the martial art lessons. Qualified trainers are always available in the Gym Floor to set up and follow your workout. See timetables at the end of the brochure.

		Total	Employee (and family) Stellantis - Cnhl - Iveco Group
Annual	12 months validity from the purchase date	580,00 €	400,00 €
Quarterly	90 days validity from the purchase date	210,00 €	140,00 €
Monthly	30 days validity from the purchase date	75,00 €	50,00 €
10 entrances	6 months validity from the purchase date	120,00 €	80,00 €
20 entrances	12 months validity from the purchase date	225,00 €	150,00 €

FITNESS OPEN MORNING AND REDUCED MEMBERSHIPS UNDER 25

Fitness Open Morning: access from Monday to Friday from 7:30 to 14.30, Saturday and Sunday from 10.00 to 14.30

Fitness Open Under 25: access valid at all hours, you must show an identity card at the moment of the subscription

		Total	Employee (and family) Stellantis - Cnhl - Iveco Group
Annual	12 months validity from the purchase date	435,00 €	300,00 €
Seasonal	validity from 12/09/22 to 27/05/23	255,00 €	213,00 €
Quarterly	90 days validity from the purchase date	136,00 €	113,00 €
Monthly	30 days validity from the purchase date	49,00 €	41,00 €
10 entrances	6 months validity from the purchase date	77,00 €	62,00 €
20 entrances	12 months validity from the purchase date	131,00 €	109,00 €

PERSONAL TRAINER FITNESS

Training sessions must be planned ahead with Mariella Galizia: mariella.galizia@stellantis.com

		Total	Employee (and family) Stellantis - Cnhl - Iveco Group
1 session	Fitness Open subscribers	27,00 €	27,00 €
1 session	Fitness Open non-subscribers	35,00 €	35,00 €

PAYMENT AND MEMBERSHIP

Enrollment Centre

Via Pier Domenico Olivero, 40. The centre is open from Monday to Friday from 9:00 to 19:00, the access is by appointment only and it can be booked here <https://inforyou.teamsystem.com/sisport/> or by writing an e-mail to sisport@stellantis.com. The second payment solution can be paid online with a credit, debit or prepaid card.

Membership Fee

€ 20 - validity from 01/09/2022 to 31/08/2023

Enrollment's Documents

- The original Competitive Sport Medical Certificate. The certificate must be valid, properly signed and stamped by the doctor. Children under the age of 6 are excluded from this requirement.

- Badge Stellantis - CNHi- Iveco Group to obtain the discounted prices.

- Tax code of the participant and the person who pays (in order to meet the tax deduction's requirements provided for sport expenses for children under the age of 18)

Discounts and Promotions

- Promotions Family Unit: 10% discount for the second member of the family and a 20% for the third member.

The discount can be applied to memberships with a value higher than 80 € and that are active simultaneously.

- Promotion Second Activity: 10% discount on memberships higher than 80 €

- Renewal discount: 10% discount for annual or seasonal memberships' renewal of the 2021/2022 Season. THE DISCOUNTS CANNOT BE CUMULATED.

Seasonal and Annual Memberships

Seasonal memberships can be purchased until 04/11/22 and can be settled in two solutions: 60% at the moment of the subscription, 40% after three months. Annual memberships can be settled in two solutions: 60% at the moment of the subscription, 40% after three months

Suspensions: Annual memberships can be suspended for a maximum of 30 days, in one or two solutions. The suspension days will be recovered at the end of the membership.

the end of the membership.

TIMETABLE FITNESS CLASSES

From the 12th of September 2022 to the 28th of July 2023

Compulsory reservation for WALK -TRX - JUMP - UP WARD classes

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY					
	ROOM 1	ROOM 2	ROOM 3	ROOM 1	ROOM 2	ROOM 3	ROOM 1	ROOM 2	ROOM 3	ROOM 1	ROOM 2	ROOM 3	ROOM 1	ROOM 2	ROOM 3	ROOM 1	ROOM 2	ROOM 3			
07:30				FAST & FURIO Marco G 30'									FAST & FURIO Marco G 30'							07:30	
08:00						POSTURAL PILATES Marco G						LOW-IMPACT GYM Tiziana			POSTURAL Marco G						08:00
09:00			LOW-IMPACT GYM Tiziana	WALK* Antonella	*TRX Francesca	POSTURAL Marco G			LOW-IMPACT GYM Antonella			THAT'S BALL Tiziana		PILATES Antonella	ABT Marco G						09:00
10:00			PILATES Tiziana	TONE UP Antonella					TONE Antonella			PILATES Tiziana			LOW-IMPACT GYM Antonella				POSTURAL Tiziana		10:00
11:00			TONE Tiziana			ABT Antonella			PILATES Antonella			TONE Tiziana			CIRCUIT TRAINING Antonella				ABT A GOGO Tiziana		11:00
11:30																			YOGA Betty 90'		11:30
12:00																			CIRCUIT WALK Tiziana		12:00
13:00			PUMP Tiziana			FAT BURNING Francesca						PILATES Tiziana		*TRX Yojan							13:00
16:00																					16:00
17:00			ATHLETIC TRAINING Giulia					*TRX Giulia	TONE Antonella	JUMP Marco G					BARRE Denise						17:00
18:00	ABD POWER Marco M	FLEXABILITY Giulia	ABT A GOGO Marco G	PILATES Antonella	*TRX Marco M	CIRCUIT TRAINING Giulia	FAT BURNING Giulia	PILATES Antonella		TABATA Giulia	*TRX Marco M	POSTURAL Marco G		PILATES Denise	TOTAL BODY Betty						18:00
18:30									PDT Paolo 90'												
19:00	BAT Giulia	DINAMIC YOGA Marco G	WIP Marco M 120'	*WALK Antonella	CORE Marco M	STEP Giulia	GLUTEUS ON FIRE Giulia	YOGA Swami		*WALK Marco G	FLEXABILITY Giulia	WIP Marco M 120'	*WALK Betty		ZUMBA Denise						19:00

20:00

FITBOXE
Marco M

*UP WARD
Giulia

20:00

GYM FLOOR TIMETABLE

Timetable from 05/09/22 to 30/07/23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.30 - 21.00	07.30 - 21.00	07.30 - 21.00	07.30 - 21.00	07.30 - 21.00	09.00 - 17.00	09.00 - 13.00
		18.00 L.e.G * with Andrea S. LEARN EXCERCISE IN GYM				
		19.00 L.e.G * with Andrea S. LEARN EXCERCISE IN GYM				

Learn Excercises in Gym. Short class in the Gymfloor. Technical workouts taught by our trainer Andrea Scoditti. Andrea will show you the execution of the most used exercises in the weights room, both ground exercises and with the use of machines. Some variations will be explained (e.g. grips, different types of contractions, execution's ROM) and how to learn and understand the workout sheet thanks to the methodology used by the instructor (e.g. what's the difference between 4*10 or 5*5?). Session are open to a maximum of 4 participants, as to guarantee a better engagement and an active participation. **Reservation is compulsory on our website <https://infoyou.teamsystem.com/sisport/> or through the App Well Team**

Participants are required to arrived at the Gym Floor 10 minutes before the beginning of the lesson to do the warm-up. The activity will start on the 19/10 and each Wednesday the lesson will focus on different subjects. In particular:

1* lesson the fundamentals - squat-deadlift-bench