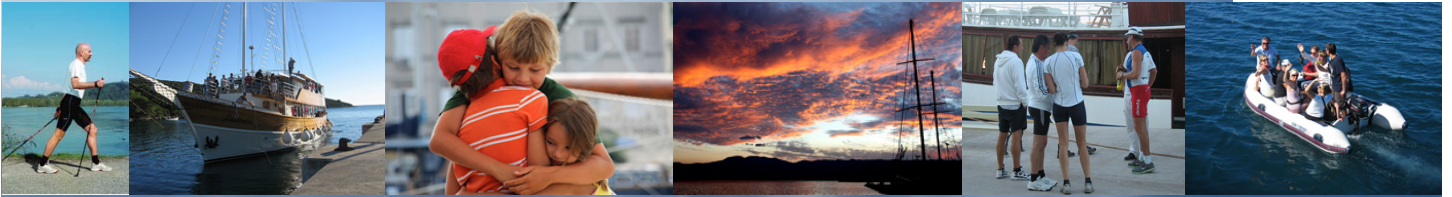


Tune in your life and free your mind.



VITALTURN[®] *Individual*

Sport/Exercise, Nutrition, Regeneration and Joy of Life.



R | B | M | S

ROLAND BARTA MANAGEMENT SERVICES

Tune in your life and free your mind.



Welcome on Board

The active vacation for all age groups. Cruising among the islands of the Croatian Adriatic sea, departing and arriving Rijeka, cared and coached by the VITALTURN® Trainer-Team with a "Fit-Check" at the beginning, - and your choice among various "Theme-Weeks" all to be found with details and schedules on our website at: www.vitalturn.com

VITALWEEK®

Life on board is intensive. To bring more motion through exercise into your life is our focus. From power exercises on the sun-decks, Nordic Walking, running on the island's natural tracks, biking and enjoyable swimming at Croatia's most beautiful beaches to Qi-Gong and massages it is all in the program available for you.

VITALWEEK® FAMILY

These special weeks for parents and children and friends are available during summer vacation (July, August). On request pedagogical qualified trainers coach and care for the children and also offer exercise and activities for parents.

VITALWEEK® THEMES

Regeneration / Relaxation - Yoga, Qi-Gong, Pilates, Autogenic-Training, Massage, Motion Exercises, Mountain-Biking, Running, Nordic Walking. Details und Prices: www.vitalturn.com

Food & Nutrition

The kitchen on board serves balanced, healthy and always fresh from the market Mediterranean food. The offer on board is breakfast and lunch. Drinks are available at the bar.

The VITALWEEK® TEAM

Qualified, experienced Trainers are available for you. Together we are working to achieve a healthy lifestyle, focus to see, avoid and abolish bad habits and take responsibility for fitness and a balanced life. Fit-Check, private consultations, with the trainer team help to objectively determine the training status of each participant.

The Schedules

All events are between May and September. For booking and more information kindly visit our website: www.vitalturn.com

Free Charter

Clubs, friends, families - charter our boats with crew and make your own holiday schedule without a trainer.



Tune in your life and free your mind.



VITALTURN® 2012 Prices and ships

MS ADONIS



VITALWEEK® double-cabin (double beds) with shower/WC - € 850,- per Week incl. H/B

<p>VITALTURN® 2012 Contact and information: phone: +37 699 1700 1322 Email: welcome@vitalturn.com</p> <p>All inclusive: VITALTURN I (4 berth) (4 berth)</p> <p>Ship charter cost free ✓ Clear skipper, cook, deck hands ✓ Boarding 1000€ ✓ Beverages/Drinks ✓ Vitalturn® Dinner ✓ 24 Check and services ✓ Activities and excursions ✓ Standard equipment ✓</p> <p>3 1/2 days/HB (boarding: min. 24) from € 18.000,- includes 100€ per person per week</p> <p>For more information visit our website: www.vitalturn.com or send an email to: welcome@vitalturn.com</p> <p>MS ADONIS 19000 A-1000 (4 berth), Trogiran & AJUTSA www.vitalturn.com</p>	<p>VITALTURN® 2012 Contact and information: phone: +37 699 1700 1322 Email: welcome@vitalturn.com</p> <p>All inclusive: VITALTURN II (4 berth) (4 berth)</p> <p>Ship charter cost free ✓ Clear skipper, cook, deck hands ✓ Boarding 1000€ ✓ Beverages/Drinks ✓ Vitalturn® Dinner ✓ 24 Check and services ✓ Activities and excursions ✓ Standard equipment ✓</p> <p>3 1/2 days/HB (boarding: min. 14) from € 13.500,- includes 100€ per person per week</p> <p>For more information visit our website: www.vitalturn.com or send an email to: welcome@vitalturn.com</p> <p>MS ADONIS 19000 A-1000 (4 berth), Trogiran & AJUTSA www.vitalturn.com</p>	<p>VITALTURN® 2012 Contact and information: phone: +37 699 1700 1322 Email: welcome@vitalturn.com</p> <p>All inclusive: VITALTURN IV (4 berth) (4 berth)</p> <p>Ship charter cost free ✓ Clear skipper, cook, deck hands ✓ Boarding 1000€ ✓ Beverages/Drinks ✓ Vitalturn® Dinner ✓ 24 Check and services ✓ Activities and excursions ✓ Standard equipment ✓</p> <p>3 1/2 days/HB (boarding: min. 22) from € 16.500,- includes 100€ per person per week</p> <p>For more information visit our website: www.vitalturn.com or send an email to: welcome@vitalturn.com</p> <p>MS ADONIS 19000 A-1000 (4 berth), Trogiran & AJUTSA www.vitalturn.com</p>	<p>VITALTURN® 2012 Contact and information: phone: +37 699 1700 1322 Email: welcome@vitalturn.com</p> <p>All inclusive: VITALTURN V (4 berth) (4 berth)</p> <p>Ship charter cost free ✓ Clear skipper, cook, deck hands ✓ Boarding 1000€ ✓ Beverages/Drinks ✓ Vitalturn® Dinner ✓ 24 Check and services ✓ Activities and excursions ✓ Standard equipment ✓</p> <p>3 1/2 days/HB (boarding: min. 24) from € 19.200,- includes 100€ per person per week</p> <p>For more information visit our website: www.vitalturn.com or send an email to: welcome@vitalturn.com</p> <p>MS ADONIS 19000 A-1000 (4 berth), Trogiran & AJUTSA www.vitalturn.com</p>
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We are offering also „half weeks“ (FB or HB) for companies, groups, clubs and circle of friends:
To inquire for more detailed information and for booking send an email to: welcome@vitalturn.com
Or call Tel: +43 / 699 1700 1322

Not included are: Travel to and from Event, parking fees, port fees (ca. € 3,- / N / P), drinks on board, massages.

Offer valid through 2011 / all prices incl. VAT



Tune in your life and free your mind.



VITALTURN® Information and booking

Contact:

roland.barta@vitalturn.com
martin.hoffmann@vitalturn.com
juergen.teubenbacher@vitalturn.com

Booking:

Email: welcome@vitalturn.com / Tel: +43 / 699 1700 1322

Internet:



www.vitalturn.com



www.facebook.com/pages/vitalturncom

R B M S, Tigergasse 8, 1080 Wien

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