

Prowell.life By MFF

Designing Fitness.
Crafting Wellness.



PROWELL.LIFE

 **MY FAMILY
FITNESS**

Prowell.life

By MFF

At **Prowell.life**, we design spaces that inspire, motivate, and support the well-being of every individual. Every workout environment we've created is as dynamic and engaging as the workouts themselves.

Prowell.life was born from our commitment at My Family Fitness, to blend innovative fitness solutions with comprehensive wellness offerings. Our vision is to provide tailored services that support the well-being of individuals and organizations by offering state-of-the-art equipment, expert designed ergonomic setup, and a strong commitment to customer care.

Through our Standard Operating Procedures (SOPs), we ensure consistency, quality, and client satisfaction across every project, guiding customers from concept to execution, and extending support well beyond installation. Whether it is a boutique gym, community gym space, resorts and spas, or luxury penthouses & villas, our comprehensive approach covers every detail for all wellness spaces.

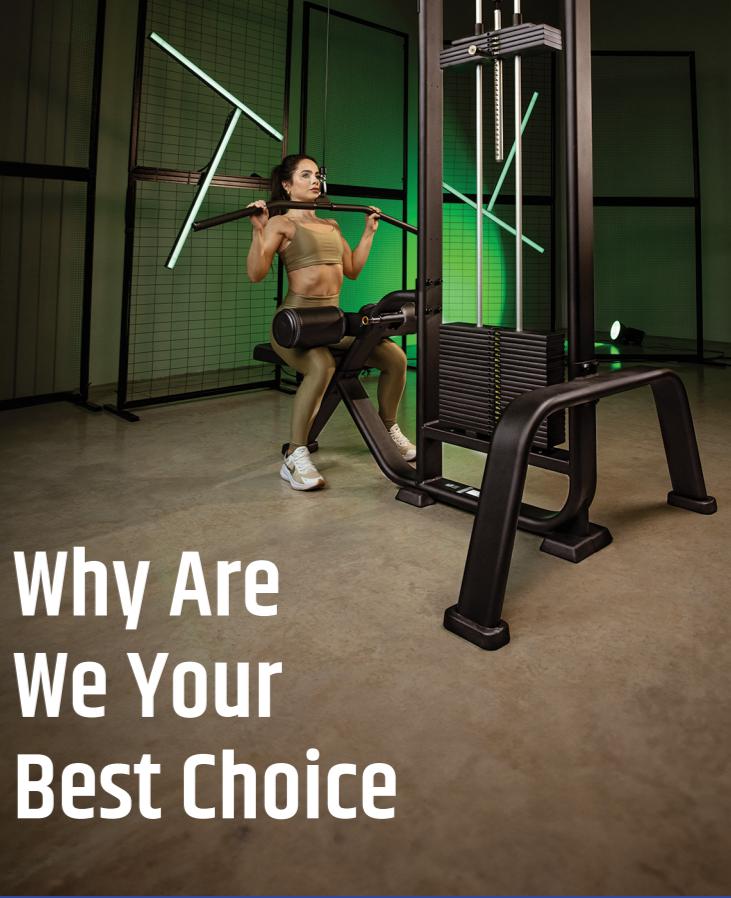
Our mission is to inspire and empower individuals and organizations to embrace wellness by providing state-of-the-art equipment and innovative fitness solutions that are accessible, effective, and designed to integrate seamlessly into daily life.



Our Journey

In response to the heightened awareness of health risks from sedentary lifestyles during the global pandemic, instead of going for traditional gym routine, we crafted customized fitness environments as per our needs. Leveraging our connections within the fitness industry, we now curate high-quality wellness experiences that blend functionality with seamless design.

Meticulously designed to meet each client's health objectives, our solutions integrate wellness effortlessly into a range of environments, from corporate sectors to hotels and more.



Why Are We Your Best Choice

360 Degree Wellness Solutions

From initial design to final installation, we manage every detail to transform your vision of a wellness space into reality. We bring you access to equipment for cardio, strength, and functional training, making us the ideal wellness solutions provider.

Quality Execution

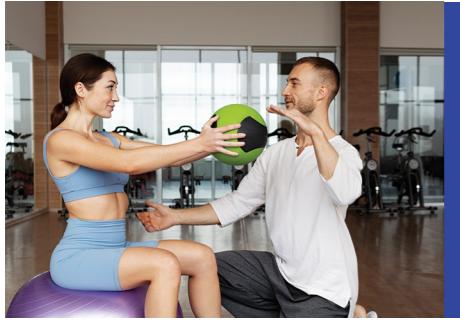
Our commitment to precision in both design and function ensures that your fitness studio is perfectly aligned to your expectations and specifications. Every detail is crafted with care to deliver an outstanding fitness experience.

Outstanding After-Service

We extend our relationship beyond installation, providing ongoing support and maintenance to ensure your fitness facilities continue to perform at their best.

Our Segments

Fitness & Wellness Centres



We equip fitness centers with state-of-the-art machines and durable equipment that support a wide range of fitness activities, enhancing member satisfaction and retention.

Hotels, Resorts & Spas



Our luxury fitness equipment adds value to hospitality settings, ensuring guests enjoy premium wellness experiences during their stay.

Residential & Commercial Projects



We provide tailored fitness solutions that blend seamlessly into residential and commercial projects, promoting a healthy lifestyle within each community.

Educational Institutions & Sports Centers



Our robust and versatile fitness products support physical education and athletic programs in schools and universities, fostering a foundation for lifelong fitness in educational environments.



Our Approach

Design Philosophy

Our design philosophy centers on creating a seamless integration of aesthetics, functionality, comfort and performance. This approach ensures that each piece of equipment is not only effective and safe to use, but also enhances the aesthetic appeal of the environment.

Your Journey

We take you on a detailed, step-by-step journey from space planning, equipment selection, and integration of wellness areas up until installation. Our personalised process ensures that each of your specific needs are met, and your vision of the space is realized with precision.

At My Family Fitness (MFF), we partner with globally recognized brands that redefine wellness and fitness. Each brand in our portfolio is carefully selected to deliver innovative, high-performance solutions that elevate your fitness experience. Here's a look at the brands that bring our vision to life.

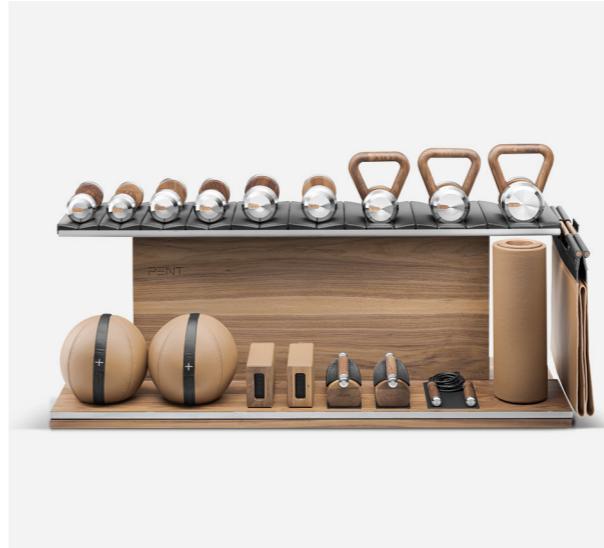


PENT.

LUXURY FITNESS EQUIPMENT

Luxury Meets Functionality

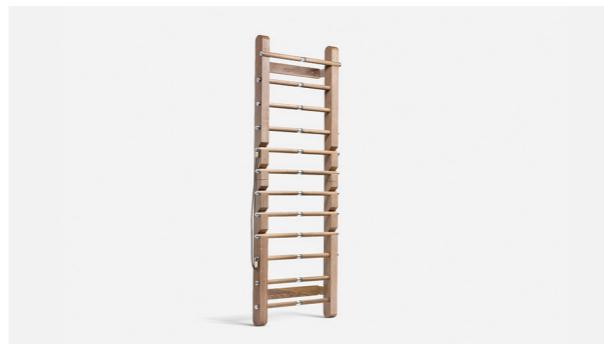
PENT combines aesthetic design with functional fitness, offering luxurious handcrafted equipment that is pristine and practical. These exclusive equipment are highly customizable to seamlessly match the aesthetics of your unique space. PENT is the perfect match for the ones who appreciate exclusivity and expect top-notch performance from their equipment.



COMBO™ ANA



BANKA™ LUXURY FITNESS BENCH



SCALA™ ADVANCE



MOXA™ LUXURY BALLS



IRENA™ PREMIUM CURVE MANUAL TREADMILL



SOPHIA™ MOBILE GYM KIT



RAXA™ LUXURY BOXING BAGS



NEXT LINE - HIGH ROW



SQUAT MACHINE



W CROSS SMITH RACK



MULTI STATION W2



MULTI STATION W4



MULTI STATION W9



TREADMILL X 4.6 TSI



RTS



CARDIO HILL



AIR BIKE G2

A woman with dark skin and curly hair, wearing a light pink sports bra and black leggings, is running on a black Movement Edge treadmill. She is looking forward with a focused expression. The treadmill has a large grey side panel with the word "movement" written on it in white. The background features a modern interior with vertical wood paneling and a large window. The overall aesthetic is sleek and contemporary.

movement®

Innovation in Every Move

Latin America's top fitness brand, Movement offers award-winning equipment through its sleek EDGE and NEXT lines, combining cardio, strength, and functionality. Known for design excellence, the EDGE line maximizes gym space while delivering exceptional durability and performance. Movement's wide range of options offer greater value for your investment, and provide high-quality solutions for commercial, boutique, and residential gyms, supported by advanced R&D.



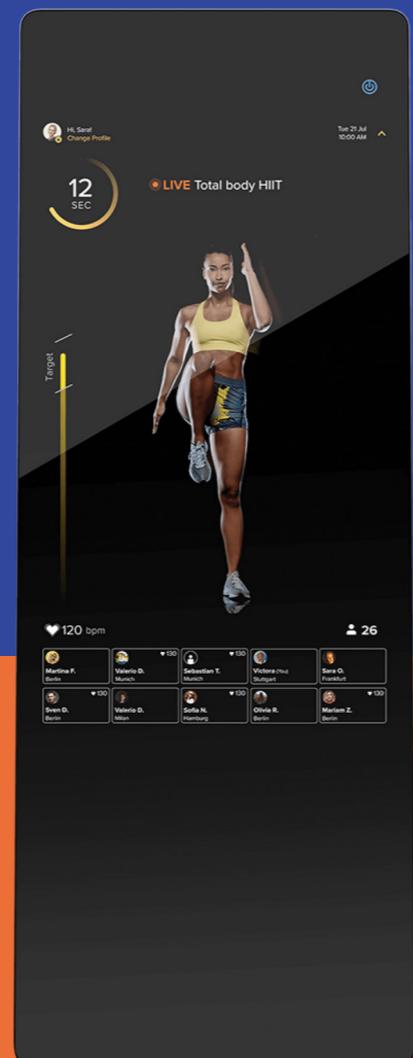
The Future of Fitness

The VAHA interactive fitness mirror transforms any room into a personal gym. Offering live and on-demand classes across various fitness genres, from strength training to yoga, the VAHA mirror is the perfect tool for personalized workouts. With 1:1 personal training sessions, VAHA delivers fitness convenience and innovation for every home and studio.

43-inch Full HD touchscreen with 65W speakers and brushed aluminium finish.

Personalised workout plan and monthly progress call.

24/7 access to hundreds of on-demand classes in **10+ fitness genres**.



VAHA X





wellsystem

Wellness Reimagined

Wellsystem offers a unique wellness experience through its Hydrojet dry water massage and DAYON red light therapy. The Hydrojet technology provides a non-contact, full-body massage that soothes tension, improves circulation, and boosts recovery. Available in Lounge, Spa, and Medical versions, the Hydrojet system is perfect for fitness centers, spas, and wellness facilities, this highly hygienic and user-friendly system enhances relaxation and recovery.

Complementing this is DAYON's red light and near-infrared therapy, which accelerates regeneration, improves skin health, and enhances performance. Wellsystem's solutions are designed for anyone seeking innovative, high-quality wellness treatments, backed by over 25 years of expertise and German engineering.



WELLSYSTEM WAVE_TOUCH



WELLSYSTEM MEDWAVE_TOUCH



LIGHTSPA PURE BEAUTY



DAYON RECHARGE



Revolutionizing Recovery

LifeCube introduces the next generation of cryotherapy with the Electric Cryo Chamber. Designed for optimal recovery and rejuvenation, this cutting-edge solution is ideal for wellness centers, sports facilities, and therapy centers. The compact and customizable design ensures safe and effective cold therapy, reducing muscle soreness, inflammation, and accelerating recovery. LifeCube elevates the cryotherapy experience for athletes and wellness seekers alike.



nootrie.

Nutrition Made Easy

Nootrie Blend introduces world's first automated protein shake dispenser designed to simplify post-workout nutrition. With the touch of a button, users receive freshly prepared, perfectly portioned protein shakes. This system is perfect for gyms and health centers, offering a seamless way to manage nutrition for fitness enthusiasts and athletes. Nootrie Blend not only enhances user convenience but also improves recovery and performance.





Fitness for Seniors

Turtle Gym is designed to cater to the unique fitness needs of seniors. Offering low-impact, ergonomic equipment, Turtle Gym focuses on enhancing mobility, flexibility, and strength while ensuring safety. The isokinetic system helps maintain bone density and joint flexibility, making it ideal for senior living communities and healthcare centers.



WHEEL CHAIR MOTION MACHINE



HAND MOBILITY IMPAIRMENT TRAINING



WHOLE BODY VERTICLE VIBRATION ADVANCED MODEL





NEO REFORMER



MODERN CADILLAC



ECO COMBI CHAIR



HOME COMPACT REFORMER



 Motioncare
PILATES[®]

Precision in Motion

Motioncare Pilates offers high-quality equipment designed for studios and fitness centres that focus on core strength, flexibility, and posture. With options including Cadillacs, Reformers, and Barrels, Motioncare products provide ergonomic support and durability. They are perfect for both professional studios and residential setups, ensuring users get the most out of their practice with precision-engineered equipment.

Play Parks and Sports Equipment

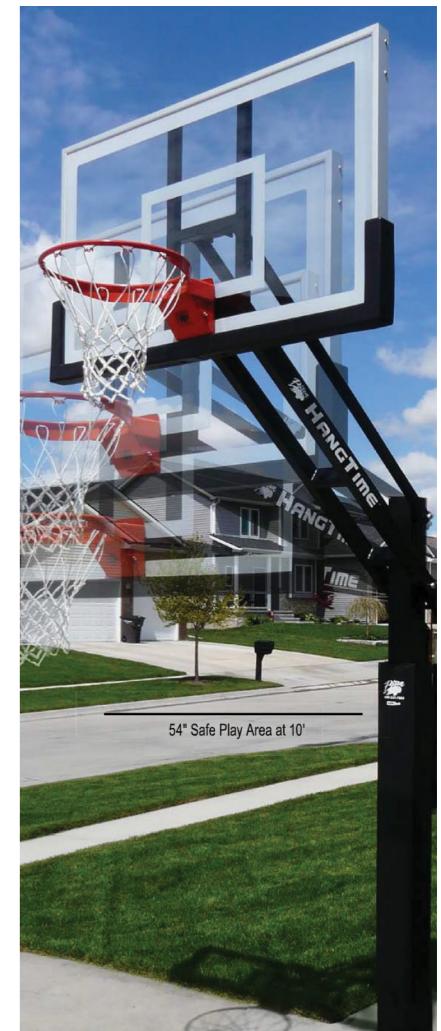
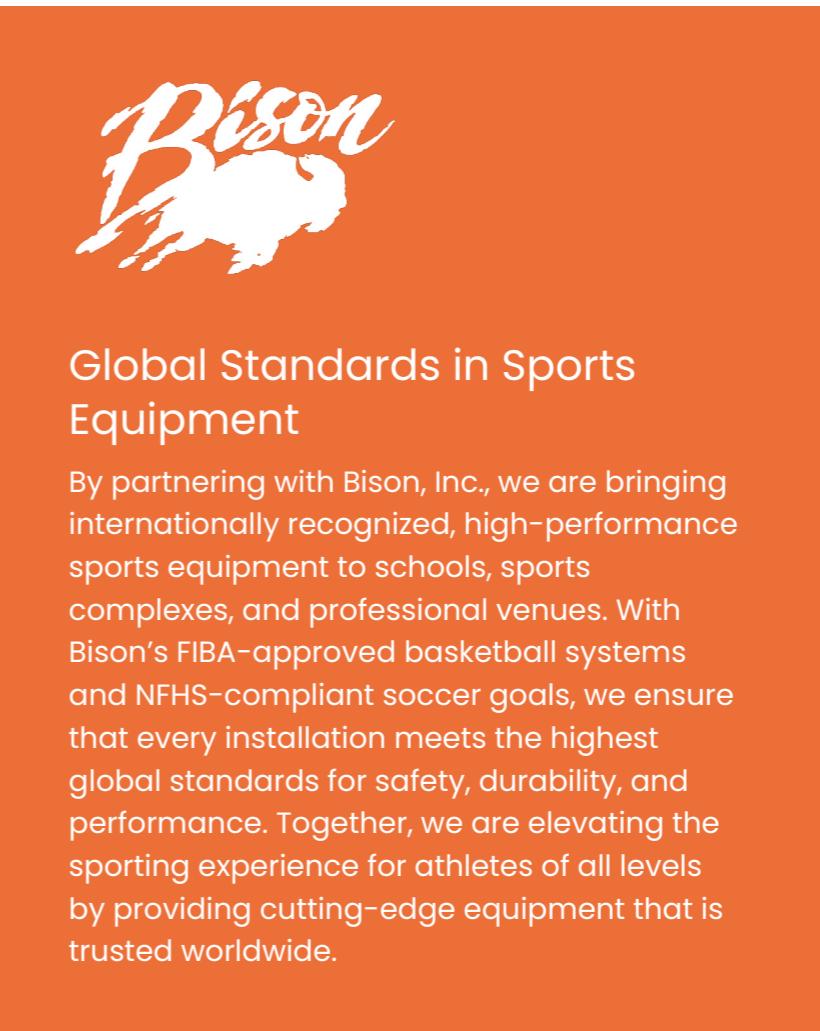


Koçakpark®

Çocuk Oyun Grupları ve Kent Ekipmanları

Outdoor Fitness Solutions

Kocakpark specializes in designing outdoor fitness and playground equipment that fosters community wellness and physical activity. Their durable, high-quality equipment is ideal for parks, schools, and residential spaces, promoting safe, engaging outdoor fitness environments for all ages.



Annual Maintenance Cover

Protect Your Investment for All Gym Equipment



At Prowell.life, we ensure your fitness equipment operates flawlessly with our comprehensive Annual Maintenance Cover (AMC).

Our experienced technicians conduct an extensive 20-point inspection and maintenance routine, covering everything from deep cleaning to precise adjustments, all aligned with manufacturer(OEM) specifications.



Highlights of AMC:

Detailed Inspections and Adjustments

From lubrication to alignment, we handle every detail to prevent downtime and extend equipment life.

Expert Care

Our skilled teams are experts in maintaining a variety of fitness equipment, ensuring top performance and reliability.

Flexible and Reliable Service

Benefit from scheduled quarterly maintenance, detailed service reports, and responsive breakdown support.



Annual Service Fee

Includes all routine maintenance checks and labour, with additional services and parts available at competitive rates.



Let Prowell.life be your partner in tailoring fitness & wellness experiences your customers deserve. Contact us today to begin your journey towards a healthier, more balanced future.

Contact Us

Toll-Free Number: **800-326459**

Available for consultations and service.

For support - support@myfamilyfitness.com

For Sales Enquiries - sales@myfamilyfitness.com