

Gym App Membership Options

Free Trial Version (7-day trial)

Cost: Free for the first 7 days

Features:

1. Limited to 3 workout sessions within the trial period
2. Standard access to gym equipment
3. Access to 1 group class
4. Basic workout progress tracking
5. Access during Off-Peak Hours (9 AM - 4 PM)

Pro Version (Monthly & Annual Plans)

Monthly Pro Plan

Price: \$25/month

Features:

1. Unlimited sessions per month
2. Full access to gym equipment, group classes, and sauna
3. Workout and health tracking with advanced progress insights
4. Customizable workout plans and suggested schedules
5. Access to both Peak and Off-Peak Hours
6. 1 Personal Trainer session per month included
7. Option to book additional Personal Trainer sessions at a discounted rate of \$15/session
8. Priority booking for classes and facilities
9. Nutrition guidance with sample meal plans

Annual Pro Plan (Best Value)

Price: \$250/year (equivalent to ~\$20.83/month)

Features:

1. All Monthly Pro Plan features
2. 3 free Personal Trainer sessions at signup
3. Additional discounts on personal training sessions and nutrition consultations

Gym App Customizable Membership Plan

1. Choose Your Workout Frequency

- a. Light – 4 sessions per month
Price: \$20/month
- b. Moderate – 8 sessions per month
Price: \$35/month
- c. Regular – 12 sessions per month
Price: \$50/month
- d. Unlimited – Unlimited sessions per month
Price: \$70/month

2. Pick Your Access Type

Standard Access

- Access to gym equipment and general workout areas
- Included in all frequency options

Premium Access (+\$15/month)

- Includes access to group classes (yoga, HIIT, etc.), exclusive training equipment, and sauna

3. Set Your Preferred Schedule

- a. Flexible Schedule – Pick any time slots on weekdays and weekends
No extra charge
- b. Peak Hours (5 PM – 9 PM) – Ideal for after-work sessions
+\$5/month
- c. Off-Peak Hours (9 AM – 4 PM) – Best for a quieter experience
No extra charge

4. Optional Add-Ons

- a. Personal Trainer Sessions
+\$20 per session
- b. Nutrition Consultation
+\$30/month for monthly check-ins and meal plans
- c. Monthly Progress Reports
+\$5/month for detailed analysis and recommendations