

# FOR - IC PARK MEMBERS FEE CHART

**Time:**

5:30am to 9:00pm

## Gym [Strength & Endurance]

Registration Fee = 350/only (Including Towel & Gloves)

## Fee's

★ Monthly package's :

One Month Fee = 2500Rs (Today's Discount Price) = 2000 only)

If you are not used Treadmills / AC \* = 1500 only)

Family (Father + Mother = 2 nos) = 3500 " "

Family (Father+Mother+1 Child <13 / 13>) = 4500 / 5000 ")

Family (Father+Mother+2 Child <13 / 13>) = 5000 / 6000 ")

2 ★ Package (3 Months)= 4,500 Rs (Benefits 501 Rs)(TDP = 3999 " ")

3 ★ Pack " (6 Months)= 9,000 Rs (Benefits 1001 Rs)(TDP= 7999 " ")

4 ★ Pack" (12 Months)= 18,000 Rs (Benefits 3000 Rs)(TDP= 14999 " )  
(OFFER for First 1 Month **FREE** Certified Personal Training @ L 5)

\*Discount for clients: (Ltd period/3 m)

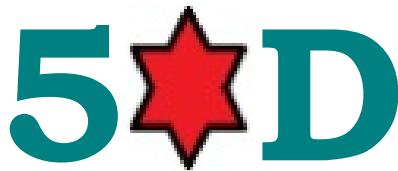
If you introduce 2 members 10%

If " 5 " " 15%

If " 10 " " 25%



( If u change or Take any of this training plans/packages condition Apply \*)

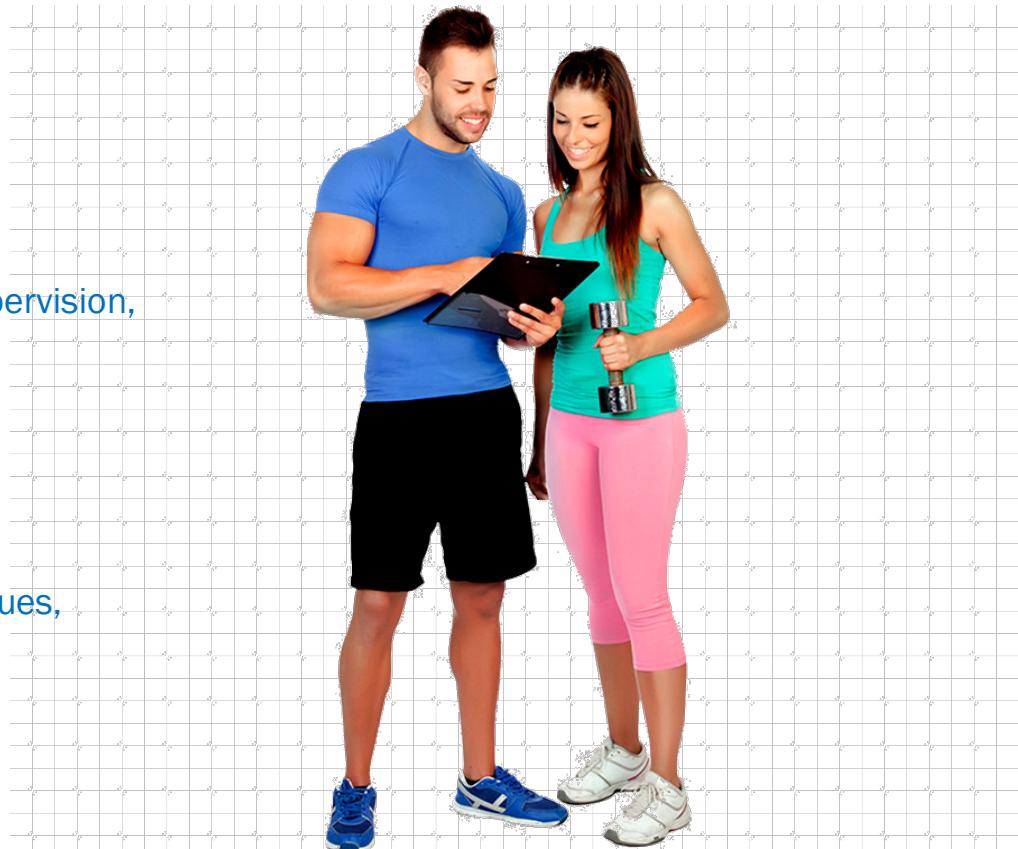


Personal Care Rs @ 1 Month Package Rate

Alternative Days Care (AD) = 3000  
Daily Care (DC) = 3500

(60 Min average + weekly 4 days is international Rules )

Today's Offer



We provide supervision,

Instructions,

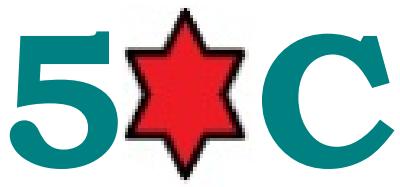
Safety techniques,

Motivation,

**Workshop:-** Breathing Techniques, Cardio, Warm up & Cool down.

**Exercises:-** General exercises, Stretching, Contractions, Physical, Psychological Training and so on.,

**Training Methods:-** Free-Hand, Dumbbell, Barbell, Single or Multi Station Machines, Physical fitness, Strength training, Endurance Training, Weight training, Micro, Meso & Macro Training Cycle.



Personal Training Rs @ 1 Month Package Rate.

Alternative Days PT (APT) = 4000  
Daily PT (DPT) = 4500

(60 Min average + weekly 4 days is international Rules)

Today's Offer

### Facilities are:

We provide supervision,  
Instructions,  
Safety techniques,  
Motivation,

+

Training based on "ICP – Level 3 Course Base"

#### FITNESS ASSESSMENT:

CARDIO : a) Pulse, b) Blood Pressure

CARDIOVASCULAR ENDURANCE: a) MHR / HRR, b) TI

MUSCULAR STRENGTH AND ENDURANCE:

MUSCLE AND JOINT FLEXIBILITY:

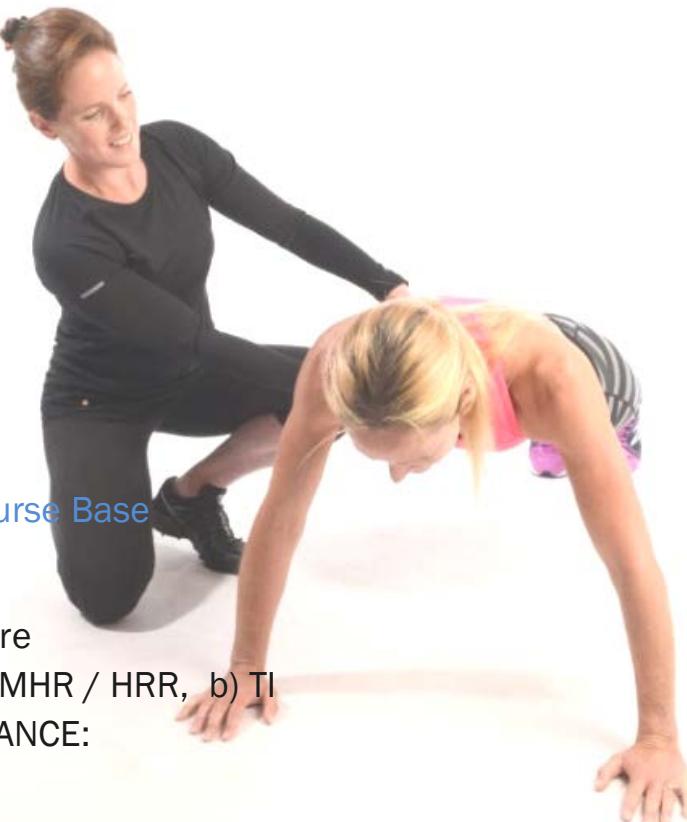
BODY COMPOSITION:

BMI:

WAIST CIRCUMFERENCE:

BODY FAT:

DIET & NUTRITION: Consulting



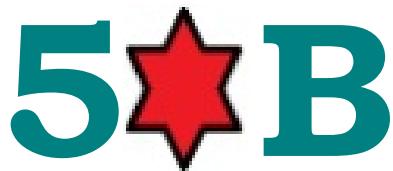
**Workshop:-** Breathing Techniques, Cardio, Warm up & Cool down.

**Stretching:** - 1) Dynamic 2) Static – Active.

**Exercises:-** General exercises, Contractions, Physical, Psychological Training and so on.,

**Training Methods:-** Free-Hand, Dumbbell, Barbell, Single or Multi Station Machines, Weight Loss and Weight Gain, Personal training, Physical fitness, Strength training, Endurance Training, Weight training, Common / Sports Injuries Management, Micro, Meso & Macro Training Cycle.

**Instinctive Training:-** HIGH and LOW intensity Interval Training.



Personal Training Rs @ 1 Month Package Rate

Alternative Days PT (APT) = 5000

Daily PT (DPT) = 5750

(60 Min average + weekly 4 days is international Rules )

Today's Offer

**Facilities are:**

We provide supervision,  
Instructions,  
Safety techniques,  
Motivation,

+

Training based on “ICP – Level 4 Course Base”

**FITNESS ASSESSMENT:**

CARDIO : a) Pulse, b) Blood Pressure

CARDIOVASCULAR ENDURANCE: a) MHR / HRR, b) TI

MUSCULAR STRENGTH AND ENDURANCE:

MUSCLE AND JOINT FLEXIBILITY:

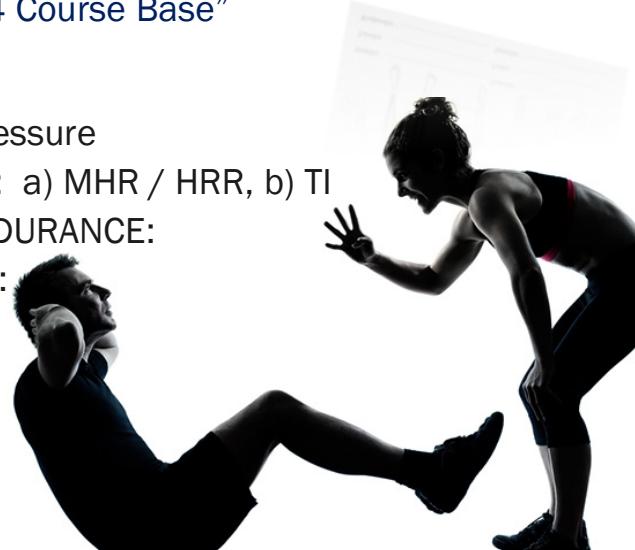
BODY COMPOSITION:

BMI:

WAIST CIRCUMFERENCE:

BODY FAT:

DIET & NUTRITION: LIFE STYLE + GOALS.



**Workshop:-** Level 1 + 2 + 3 +

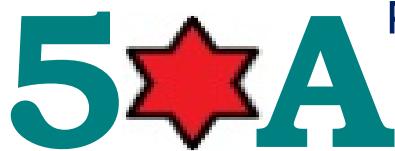
**Exercises:-** Level 1 + 2 + 3 +

**Stretching:** - 1) Dynamic 2) Static – Active.

**Training Methods:-** Level 1 + 2 + 3 + Followed by JOE WEIDER + CONTEMPORARY Techniques.

(Eg : Muscle confusion, Holistic, Eclectic, Superset, Staggered set, Isolation, ISO-tension, Forced reps, Flushing, Instinctive..Etc)

**Instinctive Training :** HIGH and LOW intensity Interval Training, Functional training, Circuit training, Crossfit, Boot-camp training...(20 items)..



Personal Training Rs @ 1 Month Package Rate

Alternative Days PT (APT) = 6000

Daily PT (DPT) = 7000

(60 Min average + weekly 4 days is international Rules )

Today's Offer

**Facilities are:**

Followed by IC PARK Techniques\*

Designs your life pattern

Provide DIET AND NUTRITION (Daily consulting)



Training based on "ICP – Level 5 - 6 Course Base"

**FITNESS ASSESSMENT:**

CARDIO : a) Pulse, b) Blood Pressure

CARDIOVASCULAR ENDURANCE: a) MHR / HRR, b) TI

MUSCULAR STRENGTH AND ENDURANCE:

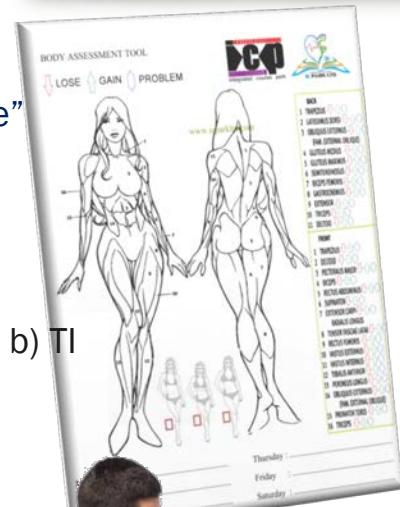
MUSCLE AND JOINT FLEXIBILITY:

BODY COMPOSITION:

BMI:

WAIST CIRCUMFERENCE:

BODY FAT:



**Workshop:- Level 1 + 2 + 3 +**

**Exercises:- Level 1 + 2 + 3 +**

**Stretching: - 1) Dynamic 2) Static – Active and Passive(Daily).**



Training Methods:- Level 1 + 2 + 3 + 4 + Followed by JOE WEIDER + CONTEMPORARY Techniques.

(Eg : Muscle confusion, Holistic, Eclectic, Superset, Staggered set, Isolation, ISO-Tension – Tonic - Metric, Forced reps, Flushing ..Etc)

Instinctive Training : HIGH and LOW intensity Interval training, Functional training, Circuit training, Crossfit, Boot-camp training ...more than 20+ top most Strength, Endurance & Entrainment techniques items.