Services Offered

Strength Training Equipment: Free weights, machines, squat racks.

Cardio Machines: Treadmills, ellipticals, stationary bikes, rowing machines.

Group Fitness Classes: Yoga, Pilates, Zumba, HIIT, spin classes.

Personal Training: One-on-one sessions with certified trainers.

Nutrition Counseling: Personalized diet plans and nutrition advice.

Wellness Programs: Stress management, meditation, and wellness workshops.

Sports Facilities: Basketball court, swimming pool, boxing ring.

Sauna and Steam Rooms: Relaxation and muscle recovery areas.

Child Care Services: Supervised play area for children.

Members Lounge: Relaxation area with refreshments and WiFi.

Membership Options

Basic Membership

Access to gym equipment and locker rooms.

Price: $30/month.

Standard Membership

Includes Basic Membership perks.

Access to group fitness classes.

Price: $50/month.

Premium Membership

Includes Standard Membership perks.

Access to personal training sessions (2 per month).

Access to wellness programs and sports facilities.

Price: $70/month.

Family Membership

Includes Premium Membership perks for two adults.

Free child care services during workouts.

Price: $120/month.

Pricing for Additional Services

Personal Training: $60 per session (Discounts for members).

Nutrition Counseling: $80 per session.

One-Day Guest Pass: $15 (access to gym equipment and group classes).

Sports Facility Rental: Price varies based on duration and facility.

Special Offers and Discounts

Referral Program: Refer a friend and get a free month of membership.

Corporate Partnerships: Discounted rates for employees of partner companies.

Student Discount: 15% off on all membership plans for students.

Annual Membership: 10% discount on total cost for yearly payment upfront.

Operating Hours

Monday to Friday: 5 AM to 10 PM

Saturday and Sunday: 8 AM to 8 PM