### **Orchid Gym- Refreshment Options**

At Orchid Gym, we understand that hydration and nutrition are key components of a successful fitness routine. To complement your workout and help you stay energized, we offer a variety of refreshment options within our facility:

1. Water Stations

* Hydration is crucial, so we have multiple water stations located throughout the gym. These stations are equipped with filtered water, and we encourage members to bring their own reusable water bottles to reduce plastic waste.

2. Juice Bar

* Our on-site juice bar offers a range of healthy and refreshing options, including freshly squeezed juices, smoothies, and protein shakes. These drinks are perfect for pre-workout energy or post-workout recovery, made with natural ingredients and tailored to support your fitness goals.

3. Healthy Snacks

* For a quick energy boost, we offer a selection of healthy snacks. These include energy bars, fresh fruits, nuts, and yogurt. These snacks are chosen for their nutritional value and ability to provide sustained energy.

4. Coffee and Tea Station

* For those who need a caffeine boost, our coffee and tea station includes a variety of options, from classic coffee to herbal teas. These are complimentary for all members, perfect for an early morning session or an afternoon pick-me-up.

5. Sports Nutrition Products

* We stock a range of sports nutrition products, including pre-workout supplements, protein powders, BCAAs (Branched-Chain Amino Acids), and electrolyte replenishers. Our knowledgeable staff can advise on the best products for your workout regimen.

6. Vending Machines

* For convenience, our vending machines are stocked with a variety of drinks and snacks, including water, sports drinks, and healthy packaged snacks. These are available for purchase around the clock.

7. Seating Area

* Adjacent to our refreshment zones, we have comfortable seating areas where you can relax, enjoy your drink or snack, and socialize with fellow gym-goers.