PERSONAL FITNESS MENU

KING OF SIX -ABS  AED 165
This session helps to tone the abdominal muscle and leads to your journey towards achieving the throne of six packs abdominal muscles.
Warm up session - 10 mins
Abs training session - 40 mins

POWER PACK SESSION  AED 185
These sessions are for the individual who is looking at the muscle mass and improve his power and endurance.
Weight training session - 60 mins
Stretching session - 15 mins

CURB THE FLAB  AED 200
This is our best selling and most popular session. This session is the combination of cardio training and weight training simultaneously. It helps in burning more calories and in the process burns more fat and tones the body. It improves the energy and fitness level along with personalized training.
Cardio session - 35 mins
Weight training session - 35 mins
Stretching session - 10 mins

FLEX & STRETCH  AED 150
A complete stretching regime, improves flexibility and makes it an enjoyable process while you stretch each and every muscle of your body.
Stretching session - 45 mins

BODY TONING - PERSONAL TRAINING  AED 750
5 day program to provide you a complete fitness regime and personal attention to help you achieve muscle toning.

AGE NO BAR  AED 165
This session is for our elderly guests for personal attention and to maintain a good fitness level.
Cardio session - 25 mins
Weight training session - 35 mins
Stretching session - 10 mins