

FITNESS CLUB



FIT LIFE FITNESS CLUB

Your shine , our journeys

FITNESS CLUB

Introduction

Welcome to FIT LIFE FITNESS Club – where health meets lifestyle, and determination transforms into results. Our mission is to empower individuals of all fitness levels to achieve their goals through professional guidance, modern facilities, and a motivating environment.

At **FIT LIFE FITNESS**, we believe that fitness is more than just training – it's a journey of strength, confidence, and wellbeing. That's why we provide state-of-the-art equipment, certified trainers, and a wide range of programs designed to inspire, challenge, and support our members.

Whether your goal is to build strength, improve endurance, lose weight, or simply adopt a healthier lifestyle, we are here to make every step of your fitness journey enjoyable, rewarding, and sustainable.



INTRODUCTION



Vision

Leading fitness destination that inspires healthier lifestyles and empowers every individual to reach their full potential.

Create a community where fitness, wellness, and motivation come together to transform lives.

Redefine fitness by combining innovation, dedication, and passion, making health accessible and enjoyable for everyone.

Shape a future where strength, wellness, and balance are part of everyday life.

Become the benchmark of excellence in fitness, motivating people to push beyond limits and achieve greatness.



Mission

- Provide a motivating environment, modern facilities, and professional guidance that help our members achieve their fitness goals and embrace a healthier lifestyle.”
- At FIT LIFE FITNESS CLUB, we are committed to empowering individuals of all levels through personalized training, innovative programs, and a supportive community.
- We strive to inspire transformation by combining passion, expertise, and state-of-the-art fitness solutions, making wellness a rewarding part of everyday life.”
- Help members unlock their full potential, build confidence, and achieve balance in body and mind through fitness.”

MISSION

Our Facilities



State-of-the-Art Gym Floor – Equipped with the latest strength, cardio, and functional training machines.



Free Weights & Resistance Area – Extensive range of dumbbells, barbells, kettlebells, and resistance tools.



Group Fitness Studios – Dedicated spaces for yoga, aerobics, Zumba, spinning, and HIIT classes.



Personal Training Zone – One-on-one coaching with certified professional trainers.



Wellness & Recovery Area – Jacuzzi, sauna and steam bath



Locker Rooms & Showers – Secure lockers, modern showers, and changing facilities.

FACILITIES

GRAMS

EMS

MUSCLE

STRENGTH

NUTRITION

CARDIO

Our 5 Values



Electrical Muscle Stimulation

XBODY EMS (Electrical Muscle Stimulation) is a fitness technology that uses low-frequency electrical impulses to activate muscles during exercise. Instead of only relying on voluntary contractions (like lifting weights), EMS stimulates both deep and surface muscle fibers, making workouts more efficient.





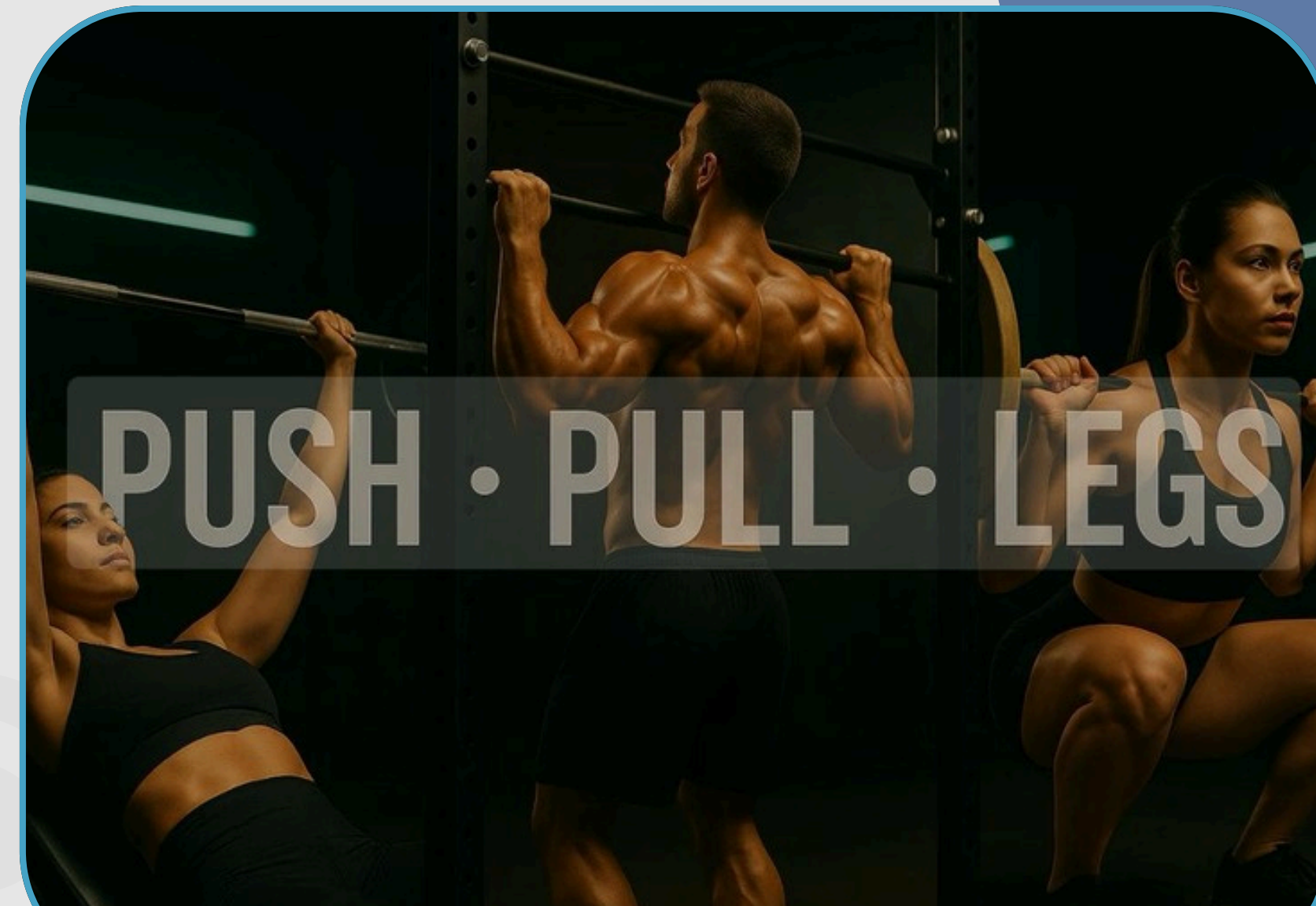
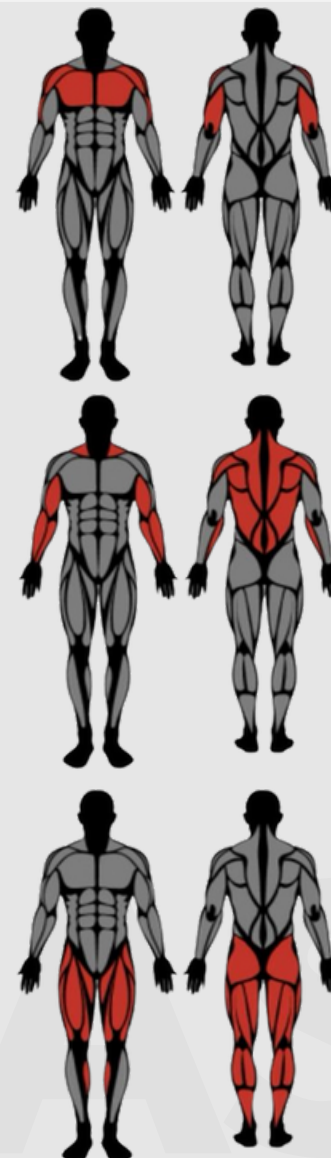
MUSCLE

Push Pull Legs

Prioritize progressive overload: To continue building muscle and strength, you must consistently challenge your muscles. Aim to gradually increase the weight, reps, or sets over time.

We will use a structured plan: With a planned workout to manage your time and ensure you challenge yourself appropriately. Track your progress to stay on track.

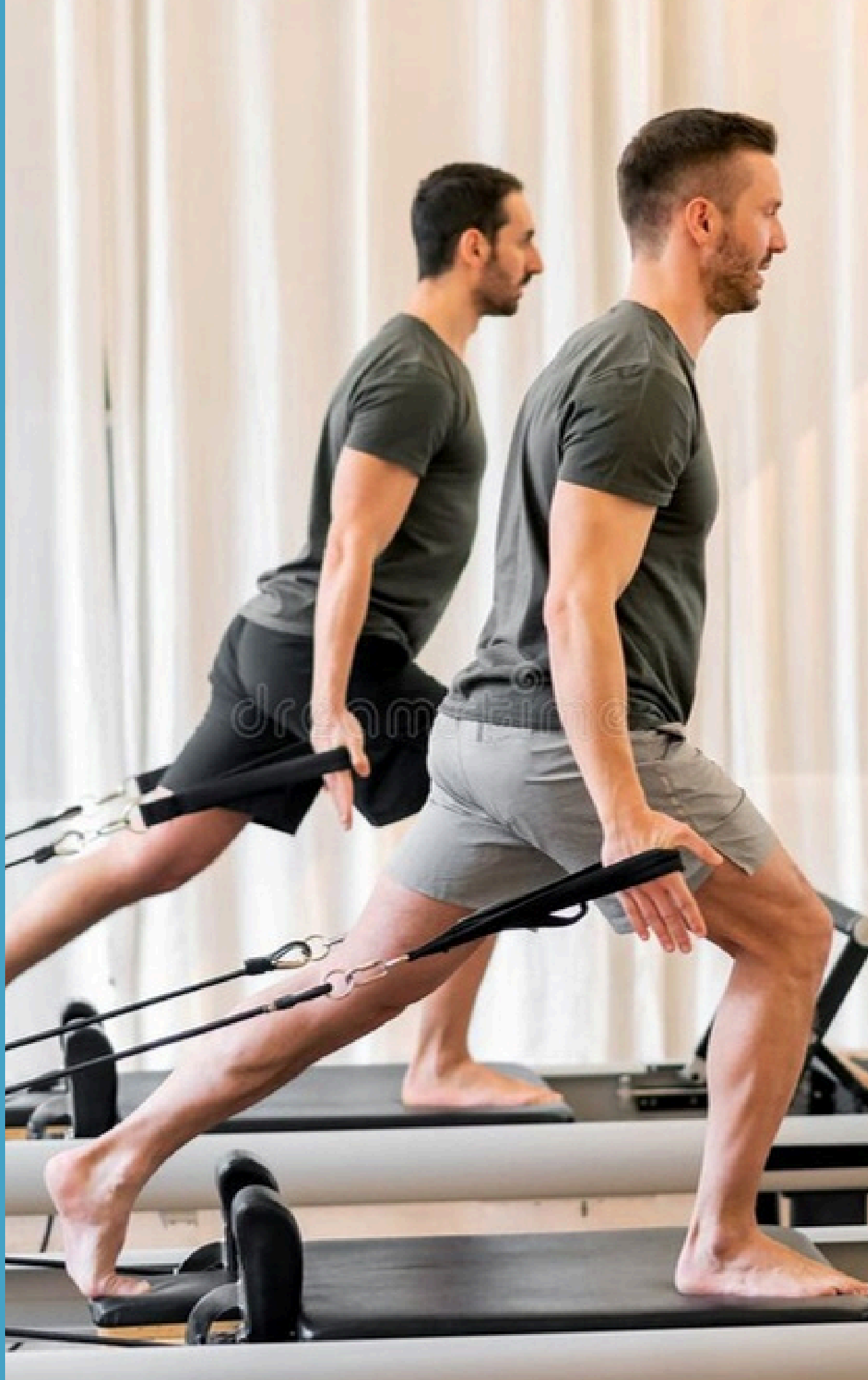
Mind your form: Perform each exercise with correct technique. This helps prevent injuries and ensures that you are effectively targeting the intended muscles.



STRENGTH

Pilates

Low-impact exercise method that focuses on core strength, flexibility, posture, and controlled breathing. It uses slow, precise movements to improve body awareness, strengthen deep muscles (especially the abs, back, and pelvis), and prevent injuries.





STRENGTH

Mobility exercises

Improve the range of motion in your joints and make everyday activities or workouts easier and safer.

They focus on controlled, dynamic movements (like arm circles, hip rotations, or deep squats) that loosen stiff joints, improve flexibility, and reduce injury risk.

Unlike static stretching, mobility work keeps the body moving and prepares muscles and joints for better performance.



STRENGTH

Aerial Yoga

Modern style of yoga that combines traditional yoga poses, Pilates, and dance with the use of a hammock or silk fabric suspended from the ceiling. The hammock supports the body, allowing participants to perform poses in the air with more freedom and less pressure on joints.

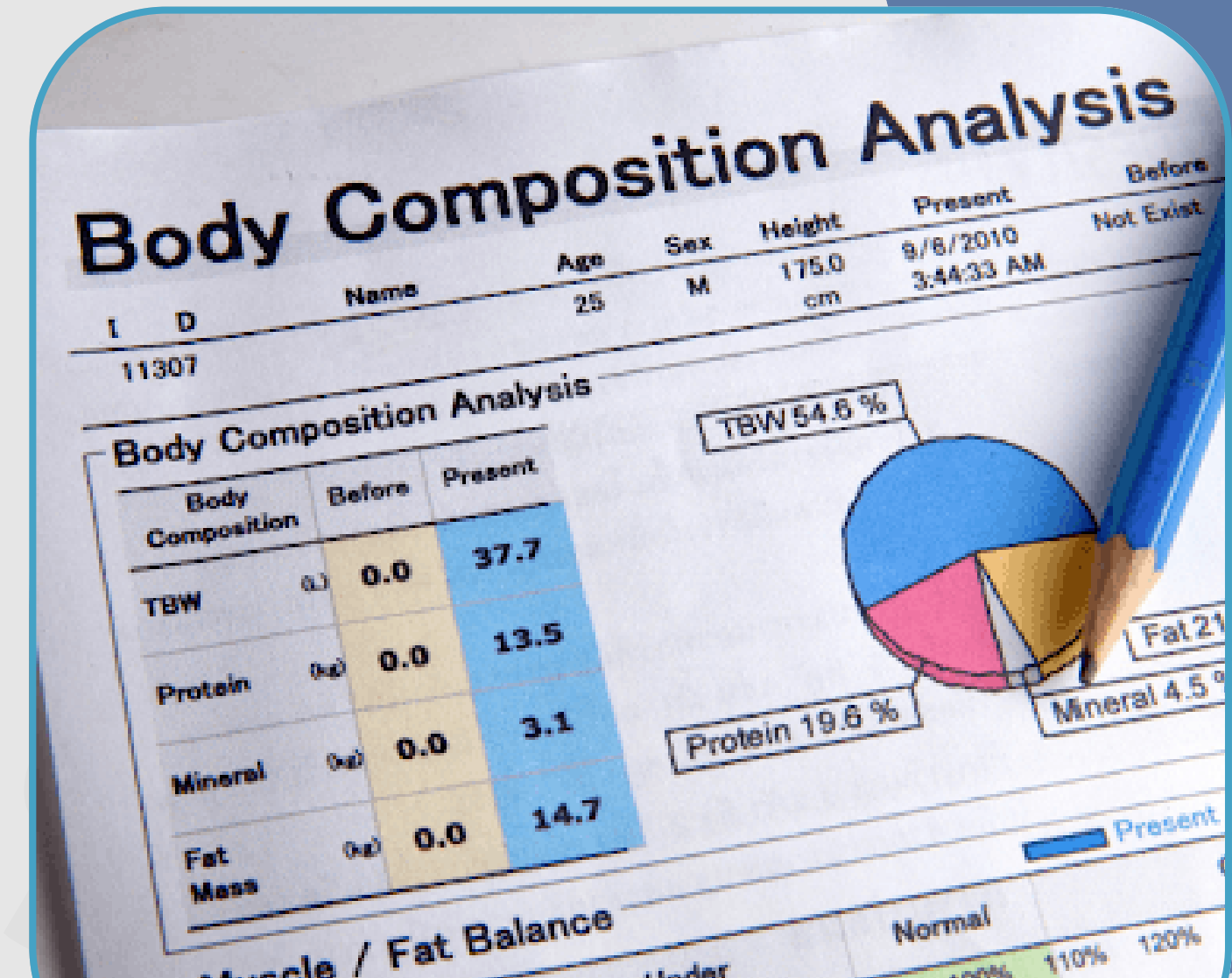




NUTRITION

Body Composition

Through full-dimensional 3D body measurement including high-precision professional body composition analysis, posture assessment, and body circumference measurement to help athletes obtain comprehensive body data, which is convenient for coaches to customize personalized courses and avoid actions that may cause injuries in time. The probability of sports injury or targeted reinforcement could be visually compare to the effect of phased training. To empowerment of increase customer flow, conversion rate, renewal rate and improve communication efficiency, increase member stickiness, and ret.





NUTRITION

Food Plans

Improve energy levels and performance.

Support weight management (loss, gain, or maintenance).

Enhance recovery and overall health.

SNF
SCHOOL
NUTRITION
FOUNDATION



CARDIO CLASSES

- **Zumba:** A fun, dance-based cardio workout inspired by Latin and international music. It mixes easy-to-follow dance moves with fitness, making exercise feel like a party while burning lots of calories.
- **Les Mills:** A global fitness program offering choreographed group workouts (like BodyCombat, BodyAttack, and BodyPump). The sessions combine music, motivation, and structured routines to build strength, stamina, and endurance.





CARDIO CLASSES

- **Cardio Freestyle:** A high-energy workout combining different moves like jumps, kicks, and dance-inspired steps, done freely without strict choreography. It helps improve stamina, burn calories, and strengthen the heart.
- **Aerobics:** A structured form of rhythmic exercise usually set to music, with repeated steps and sequences (like grapevine, knee lifts, step touches). It boosts cardiovascular health, coordination, and overall fitness.

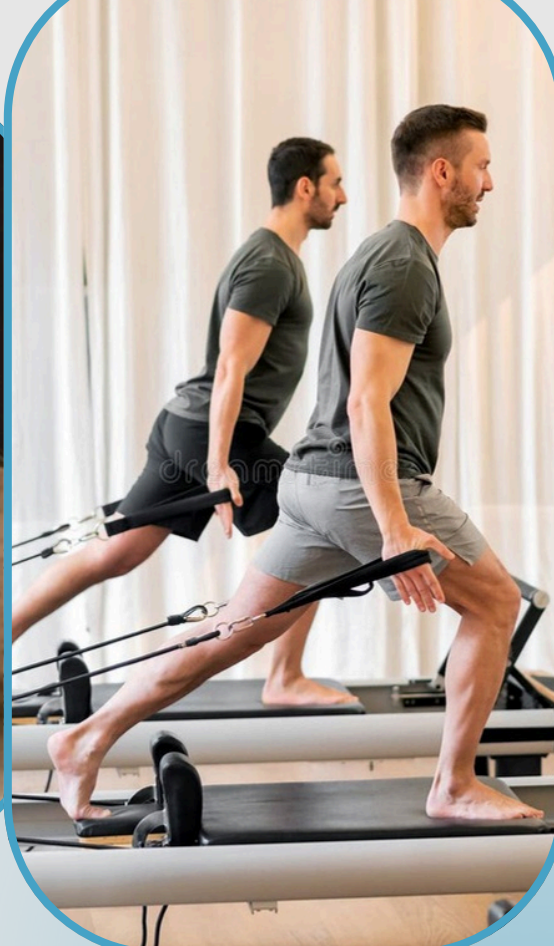




CARDIO CLASSES

- **Boot Camp Training** : A high-intensity workout inspired by military training. It combines strength, cardio, and functional exercises (like push-ups, sprints, squats, and drills). It's great for burning calories, building endurance, and improving overall fitness in a group setting.
- **Aqua Gym** : A fitness class performed in a pool. The water provides natural resistance while reducing stress on joints, making it effective yet gentle. It usually includes cardio moves, strength exercises, and stretches, ideal for all fitness levels and especially good for rehabilitation or low-impact training.





6 Days A Week

1st

EMS

2nd

CARDIO

3rd

PUSH

4th

PULL

5th

LEGS

6th

STRENGTH

6 Days A Week



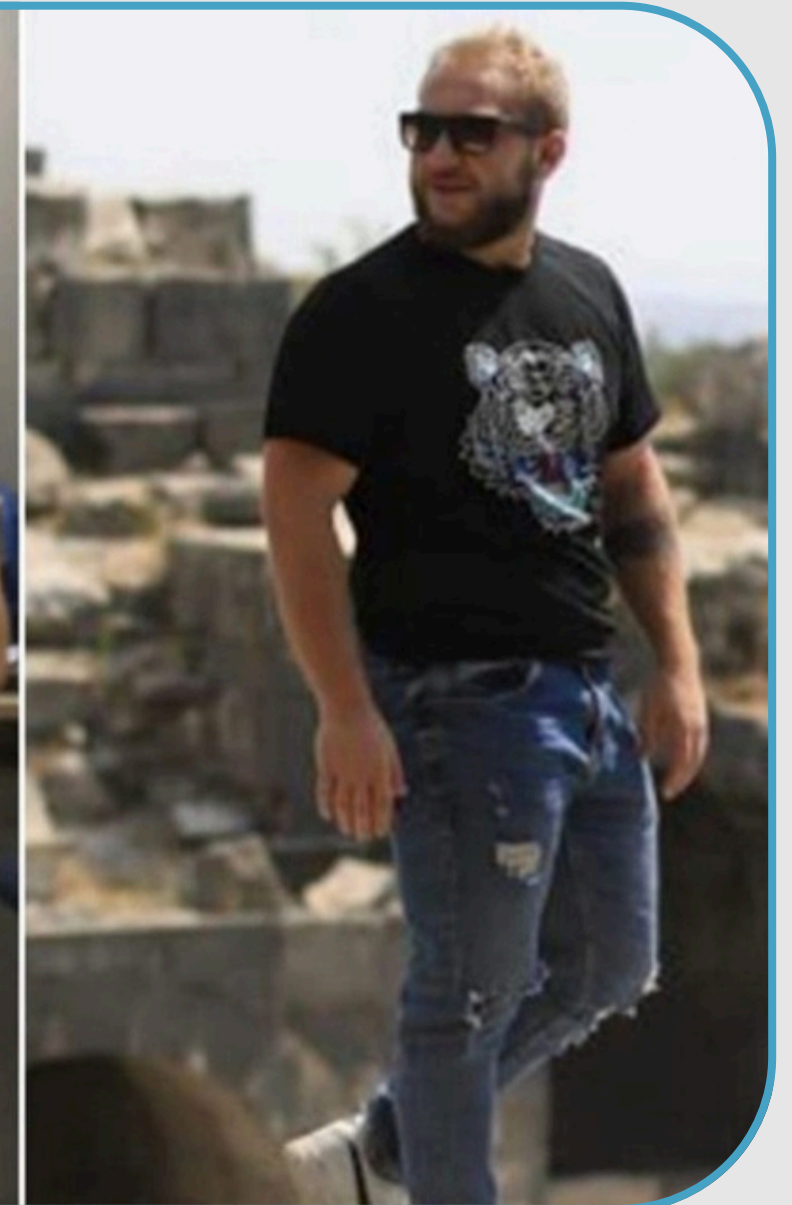
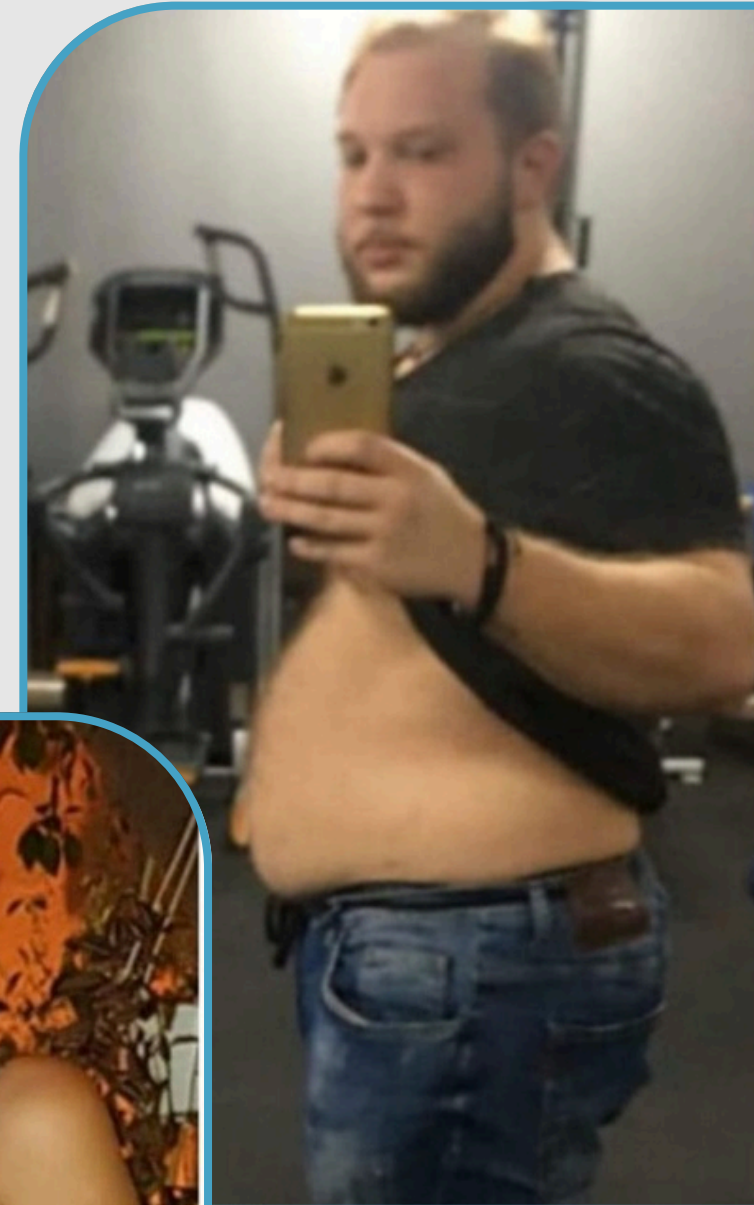
Membership

Success Story



MEMBERSHIP

SUCCESS STORY



Why Choose Us



**Expert
Trainers**

**Personalized
Programs**

**Modern
Facilities**

**Supportive
Community**



10+ Years
in the fitness
industry

**Variety of
Classes**

**Holistic
Wellness**

**With us, you don't just join a gym-you join a
healthy community**



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THANK YOU