

B) Fitness & Personalized Training Programs *

Program	Duration	Corporate Rate
Fit Life Program		
Single Member	2 Months	213 KD
	3 Months	289 KD
Couple Members	3 Months	499 KD
Transformation Program		
Single	2 Months	213 KD
	3 Months	289 KD
Couple Members	3 Months	499 KD
All In 30 Fitness Program		
Single Member	2 Months	149 KD
	75 Days	225 KD
Couple Members	3 Months	410 KD
Lose & Shape		
Single Member	5 Months	545 KD
Couple Members	5 Months	900 KD
Elite VIP Package		
Single Member	Program of Your Choice + 6 Months Membership Subscription	<u>650</u> KD
VVIP Membership		
Single Member	Program of Your Choice + One Year Membership Subscription	<u>900</u> KD

All "Reshape Your Life" Programs are accomplished by a pre-assessment session including:

- Personal Fitness Level (Body Weight, Height, Fat Mass, Muscle Mass, Bone Mass, BMR)
- Proper Fat Burning Program
- Complimentary Nutrition Program
- Weekly Progress Report For Each Member

* Fitness and Personalized Training Program Rates are subject to change without prior notice.

A) Membership Rates Offer*

Kind Of Membership	Standard Rate	Corporate Rate	Duration
Single male	KD 479	KD 350	One Year
Single Female	KD 445	KD 320	One Year
Couple Membership	KD 779	KD 595	One Year
1 month Single	KD 110	KD 95	1 month
3 months Single	KD 160	KD 119	3 months

Kind Of Membership	Standard Rate	Corporate Rate	Duration
6 months single	KD 260	KD 199	6 months
6 months couple	KD 429	KD 350	6 months
1 st child below 12yrs. old	KD 150	KD 95	One Year
2 nd child below 12yrs. old	KD 150	KD 90	One Year
3 rd child below 12yrs. old	KD 150	KD 85	One Year
Kids 15-16yrs. old	KD 190	KD 80	One Year

Corporate Members can avail of the additional benefits offered on Complimentary Basis, these are:

- Invitation for Member's Family & Friends (maximum of 5 invitations per person valid for 60 days and subject to Redemption Policy)
- Assessment and Goal Session
- Diet Plan Session
- Exercise Program Session
- Aerobics Class (Subject to availability of slot)
- Wi-Fi in the Gym and Poolside
- 25% discount at the Swimming Pool Bar
- 25% discount in all in-hotel restaurant