



# FLEX

**Al Athaiba**

**OPEN 24 HOURS**

**Guest per day 5 OR**

## NEW MEMBERSHIP

1 YEAR 140 OR

6 MONTHS 100 OR

3 MONTHS 65 OR

1 MONTH 35 OR

## RENEWAL OF MEMBERSHIP

1 YEAR 120 OR

6 MONTHS 85OR

3 MONTHS 55 OR

1 MONTH 30 OR

- **EVERY THURSDAY** Gym will **CLOSE** at 12 midnight
- On **FRIDAY** Gym **WILL OPEN** AT 2 PM onwards
- **CANCELLATION** of membership shall be confirmed within 3 days



# FLEX

OPEN 24 HOURS

**DISCOUNTED OFFER**

**COUPLES / GROUPS**

**GROUP OF 2 or MORE**

**120 OMR**

**SPECIAL OFFER !!**

**Working in Desert**

**100 OMR for 1 year Membership**

Bring Valid ID and Company Letter

# **FILEX** *Fitness*

## **AL KHOUD LADIES**

**GUEST PER DAY : 5.000 OR**

### **NEW MEMBERSHIP**

**1 YEAR 120 OR**

**6 MONTHS 90 OR**

**3 MONTHS 60 OR**

**1 MONTH 35 OR**

### **RENEWAL OF MEMBERSHIP**

**1 YEAR 100 OR**

**6 MONTHS 80 OR**

**3 MONTHS 50 OR**

**1 MONTH 30 OR**

### **GYM HOURS**

**SATURDAY TO THURSDAY 10: 00 AM TO 10:00 PM**

**FRIDAY 2:00 PM TO 9:00 PM**



# FLEX

OPEN 24 HOURS

**DISCOUNTED OFFER**

**OMAN AIR CREW**

**GYM MEMBERSHIP for  
ALL LOCATION**

**1 YEAR      120 OMR**

**6 MONTHS      85 OMR**

# FLEX *Fitness*

OPEN 24 HOURS

## AL MAWALEH MEN'S

### NEW MEMBERSHIP

1 YEAR	115 OR
6 MONTHS	85 OR
3 MONTHS	55 OR
1 MONTH	30 OR

### RENEWAL OF MEMBERSHIP

1 YEAR	100 OR
6 MONTHS	75 OR
3 MONTHS	45 OR
1 MONTH	25 OR

- Membership for ALL LOCATION
- Every THURSDAY the gym will close AT 12 MN
- On FRIDAY, Gym will open at 2 PM
- Cancellation of membership shall be confirmed within 3 days upon joining

❖ WALK-IN GUEST

5 OR per day

# **FLEX FITNESS**

## **PERSONAL TRAINING**

**PER CLASS 10 OMR**

<b>1 MONTH</b>	<b>8.5 OMR/SESSIONS</b>	<b>20 DAYS / (170-/OMR)</b>	✓
<b>2 MONTHS</b>	<b>7.5 OMR/SESSIONS</b>	<b>40 DAYS / (300-/OMR)</b>	✓
<b>3 MONTHS</b>	<b>6.5 OMR/SESSIONS</b>	<b>60 DAYS / (400-/OMR)</b>	✓

### **(CALCULATION/PROCCED)**

<b>FITNESS ASSESSMENT</b>	<b>GAINING WEIGHTS</b>	<b>FITNESS &amp; MUSCLES TONE</b>
<b>DIET PLAN</b>	<b>LOSE WEIGHT</b>	<b>BMI INDEX</b>

**(TRAINER TIMING: 6 AM-11 PM)**