



MEMBERSHIP COMMITMENT

- No min. period
- Min. 3/6/12 months
- Credits based

ADDITIONAL FEE \$

- Joining fee
- Admin/Registration fee
- Cancellation fee
- Access card fee

FITNESS SERVICES

- Gym orientation 
- Floor trainers
- Body fat analysis 
- Personal training
- Small group training
- Group exercise class

EQUIPMENT

CARDIO MACHINES

- Treadmills
- Stationary bikes
- Rowers 
- Ellipticals
- Steppers

EQUIPMENT

FUNCTIONAL EQUIPMENT

- Kettlebells
- Bosu balance trainer
- TRX suspension trainer
- Sandbags 
- ViPR

GYM ACCESS EDITION

MEMBERSHIP COST

- <\$30 per visit/class
- \$30-50 monthly
- \$50-100 monthly
- \$100-150 monthly
- >\$150 monthly

LOCATION

- Single location
- Multiple locations

OPENING/ACCESS HOURS

- 24hours
- Regular hours
- Peak/Off-peak

EQUIPMENT

STRENGTH MACHINES

- Range of stack weight machines
- Plate loaded machines
- Cable machines
- Smith machine



FREE WEIGHTS

- Dumbbell weight range
- Types of benches
- Squat/power rack
- Lifting platform
- Bumper plates



MEMBERSHIP PAYMENT

- Pay per visit/class
- Pay monthly
- Pay yearly

MISCELLANEOUS SERVICES

- Welcome gift
- Bath towel
- Workout towel
- Workout attire
- Toiletries
- Water dispenser 
- Drinks bar
- Vending machines
- Supplement sale
- Merchandise sale
- Members privileges

GYM FACILITIES

- Lockers 
- Changing rooms
- Showers 
- Steam bath/Sauna
- Swimming pool
- Members lounge
- Free wifi 
- Charging station
- Shoe locker rental