



## PERSONAL TRAINING AT the gym

Timings: 6 am to 9.30 pm  
Permissible Age: 14 years and above

The Gym is equipped with the most advanced range of fitness equipments manufactured by Technogym, Italy, a world leader in the fitness industry. The proven quality and durability of all their models is what makes them the number one choice for professional sports teams worldwide. Technogym has been the official supplier to the Olympic and Paralympic, Asian Games and the Rlio Pan-American Games.

### **Equipment available:**

Cardio Section, 6 Treadmills, 3 Rotex, 1 Stepper, 2 Back Support Cyles, 1 hand cycle, 2 Cycles.

### **Personal Training:**

At The Club, we aim to provide the highest quality of personal fitness training there is on offer in Mumbai. We have some of the highest qualified and experienced personal trainers and we continually strive to keep our scientific and practical knowledge up to date. This provides not only fun and enjoyable personal fitness sessions, but also individualized fitness programs that lead to you reaching and surpassing your fitness goals.

### **Binisha Naik - 6 days/ Week (except Sunday)**

Binisha is a certified ACE (American Counsel on exercise) trainer and has studied yoga. She has also trained in special opulation at the Desert Southwest University, USA.

### **Ajay Sapate - 6 days/ Week (except Sunday) 6 am to 12 noon.**

Ajay is a certified fitness trainer and a specialist in performance nutrition from ISSA (International Sports Sciences Association, USA)

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### **Mr. Micheal Fernandes - 6 days/Week (except Sunday)**

Micheal has over 10 years of experience in fitness industry. He is a certified trainer from ISSA (International Sports & Science Association). He specializes in Strength training, basic kickboxing workout & pre/post natal workouts.

### **Personal training charges:**

12 sessions per month, Rs. 5000/- + taxes

### **Please Note:**

- Timings 6:00 a.m. to 9:30 p.m.
- Mobile phones and personal belongings should not be brought or used in the gym. The Club is not responsible for any mishap, or loss of life or belongings
- The use of machines will be strictly on first come first serve basis. The maximum time on cardio equipment is 30 minutes
- Outside shoes are not allowed on the gym floor
- Please maintain your fitness program cards with guidance from the gym trainers
- Members with any medical ailments should provide the management with a doctor's certificate once they are fit to exercise
- The Club is not liable for any injury or mishap arising from the use of equipment or its facilities. Personal Training taken is solely at the member's risk. Personal Training must be paid for at the beginning of the training before an I-card is issued by The Club.
- Members are requested to place free weights back in their place after use

### **Rules & Regulations:**

- Proper gym clothes with soft sole sport shoes are allowed in the gym. No chappals or leather shoes will be allowed in the gym
- Please wipe your sweat off the machines after using them
- No eatables allowed in the gym