

UNLOCK YOUR FITNESS POTENTIAL

Personal training is your most effective path to faster results. Your Fitness Coach will keep you motivated, sharpen your technique, guide you on proper equipment use, and ensure every session counts.

Only 3 simple steps to decide

Step 1: Choose a PT package that fits your lifestyle

Value

Freedom

PT 100

Step 2: Choose your Certified Fitness Coach



Master Coach



Elite Coach



Advanced Coach



Personal Coach

Step 3: Choose number of hours

Value

1 / 10 / 20 / 30 / 50

Freedom

1 / 10 / 20 / 30 / 50

PT 100
Super Package

FREE
12-MONTH
MEMBERSHIP

TOTAL SAVINGS
RM3,180

100
PT HOURS

TAILOR YOUR FITNESS SUCCESS

Options and Benefits

 Value
  Freedom
  PT 100

> Postural & dynamic movement assessment	✓	✓	✓
> Personalised fitness program led by a Fitness Coach	✓	✓	✓
> Choose up to 3 Fitness Coaches under 1 package	✗	✓	✓
> Customised session 30 / 60 / 90 minutes	✗	✓	✓
> PT Buddy eligibility at anytime*	✗	✓	✓
> Virtual PT	✗	✓	✓
> 1:1 Muay Thai / Kickboxing**	✓	✓	✓
> 1:1 Group Fitness**	✗	✓	✓
> Free membership dues	✗	✗	✓
> Club access upgrade***	✗	✓	✓
> Extra validity days	✗	✓	✓
> PT Easy Pay 0%	✓	✓	✓

Terms and Conditions:

*Members may bring one member to attend a personal training session with the same trainer. Both participants must attend the same session, and bookings must be made in advance.

** 1:1 Muay Thai / Kickboxing , Group Fitness depends on trainer qualifications / specialities.

*** Eligible for an upgrade to VIP or Platinum membership for a limited time only.

CERTIFIED FITNESS COACH PRICE SHEET

GRADE	HOURS	VALUE	FREEDOM	PT 100
MASTER COACH 	1	200.00	200.00	13,375
	10	1,562.00	1,707.00	
	20	2,929.00	3,204.00	
	30	4,135.00	4,528.00	
	50	6,090.00	6,688.00	
ELITE COACH 	1	200.00	200.00	
	10	1,402.00	1,540.00	
	20	2,629.00	2,889.00	
	30	3,723.00	4,078.00	
	50	5,502.00	6,038.00	
ADVANCED COACH 	1	200.00	200.00	
	10	1,278.00	1,407.00	
	20	2,418.00	2,648.00	
	30	3,428.00	3,765.00	
	50	5,060.00	5,541.00	
PERSONAL COACH 	1	200.00	200.00	
	10	1,175.00	1,297.00	
	20	2,262.00	2,494.00	
	30	3,223.00	3,537.00	
	50	4,751.00	5,192.00	

PT EASY PAY 0 % 0% installment available with participating credit cards. *All prices are inclusive of taxes.

