

MEMBERSHIP PRICES 2022

GYM or GROUPS

1 DAY	8 €
1 MONTH	60 €
3 MONTHS	135 €
6 MONTHS	210 €
12 MONTHS	300 €

GYM + GROUPS

1 DAY	10 €
1 MONTH	70 €
3 MONTHS	160 €
6 MONTHS	250 €
12 MONTHS	360 €

- Our prices **do not include VAT 13%** and it is added during the one-time payment of the membership with cash or card charge.
- Payoff: **6months** in **2 monthly** installments, **12 months** in **3 monthly** installments.
- **Hair & Beauty** operates by appointment for everyone!

EXTRA SERVICES

1 PERSONAL REFORMER PILATES	30 €
10 PERSONAL REFORMER PILATES	199 €
1 PERSONAL 60'	25 €
10 PERSONAL 60'	149 €
1 PERSONAL 30'	15 €
10 PERSONAL 30'	99 €
1 MONTH SOLARIUM	60 €

Group Classes (Plus Groups + Cross Training)

Total Body : Time to tone for everybody. **Muscular toning for the whole body.** Exercises static or with a bit of movement, using our body weight, free weights, elastic bands, bars with weights or a combination of the above.

TRX : **Functional training** with the original TRX straps. Our aim is to **strengthen** and **tone** with our **body weight**. Duration 45 minutes up to 8 people in the group.

Pump Attack : A effective **dynamic class** with immediate results toning your whole body improving a) **stamina** b) **strength** and c) **balance**.

Abs & Hips : **Strengthening** and **firming** program. Exercise your favorite muscle groups: Abs - Legs - Glutes, with exercises especially designed for... glutes, legs and abs.

Power Cycling : The **ultimate cardio workout program** with special stationary exercise bicycles. Intensity and music tracks with specialized instructors.

Fat Burn 4 All : Combination of **cardio and dynamic** exercises for fat burn and strength. For those who want to train and sweat within an hour. Suitable for all.

Dance Aerobic : **Aerobic dance class for everyone.** The three main components of the class are: **Energy, Exercise, Fun.** We are expecting you to come.

Zumba : The new dance-fitness trend, inspired by **latin american dances, african, reggaeton, hip-hop** etc. Exercise to burn calories while having fun in every **zumba party**.

Caribbean Beat : The instructor will be your guide to **Latin and other kinds of beat** in manner that is **unique**. The result will **tone** you and will satisfy your thirst for **dance**.

Pilates : We achieve **flexibility, right body posture, toning of the torso and ability to widen our joint movement.** Through dynamic and stretching exercises in combination with the **right breathing** we succeed **body harmony**. A class for those who wish **body toning, less stress and mental balance**.

Yoga : **Vinyasa Yoga** dynamic flow (asanas) based on the principles of alignment of **Anusara Yoga**. Feel the tension on your body but also the **Zen relaxation** that this class offers.

Reformer Pilates : A **machine** specifically designed to perform Pilates. A combination of exercises that **trains all your body** offering **strength, flexibility** but also **protection of the musculoskeletal system**. Special therapeutic regimes that help overcome injuries. A treat for our bodies, up to 4 people in each class.

Cross Training : A **functional** program that will introduce our members to **CrossFit** philosophy. High intensity, dynamism and expansion is its characteristics, with professional equipment from **Gear Up**.

Tel: **210-7525282** / 693-7525282
Kesariani, 12 Iroon Skopectiriou st.

Website : fitnessplus.gr - Email: info@fitnessplus.gr
Facebook: FitnessPlus Gym - Instagram: fitnessplusgym

