

MEMBERSHIP PRICES (2022 – 2023)

MEMBERSHIP \ TIME PERIOD	1 DAY	7 DAYS	15 DAYS	1 MONTH	3 MONTHS	6 MONTHS	12 MONTHS
GYM AREA or PLUS GROUPS	8€	20€	35€	60€	135€	210€	300€
GYM AREA + PLUS GROUPS	10€	25€	40€	70€	160€	250€	360€
REFORMER PILATES STUDIO	10€	25€	40€	70€	160€	250€	360€
REFORMER + GYM or PLUS	14€	30€	55€	100€	225€	355€	510€
REFORMER + GYM + PLUS	15€	35€	60€	105€	240€	375€	540€

- Our prices **do not include VAT 13%** and it is added during the one-time payment of the membership with **cash or card charge**.
- Possibility of paying in **monthly installments for subscriptions over 200€**. You can pay in **2 to 5 monthly installments**, depending on the amount.

	1 WORKOUT	10 WORKOUTS	1 MONTH
PERSONAL REFORMER PILATES (60')	30€	220€	
PERSONAL (60')	25€	180€	
PERSONAL (30')	15€	100€	
SOLARIUM (1 MONTH)			50€

Group Classes (Plus Groups + Reformer Pilates)

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**.

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.

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**.

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**.

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.

Tel: **210-7525282** / 693-7525282

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