

# MEMBERSHIP PRICES (2022 – 2023)

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

- 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
<b>PERSONAL REFORMER PILATES (60')</b>	<b>30€</b>	<b>220€</b>	
<b>PERSONAL (60')</b>	<b>25€</b>	<b>180€</b>	
<b>PERSONAL (30')</b>	<b>15€</b>	<b>100€</b>	
<b>SOLARIUM (1 MONTH)</b>			<b>50€</b>

## 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.

**Cycling Vs TRX :** Aerobic exercise on stationary bicycles and dynamic exercise with **TRX** straps. Great "Fitness Plus" combination. Can you handle it?

**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.

**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 6 people in each class and especially for beginners we have "**start**" courses.

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