

# MEMBERSHIP PRICES (2022-23) (UPDATED 17/10/22)

| MEMBERSHIP \ TIME PERIOD               | 1 DAY      | 7 DAYS     | 15 DAYS    | 1 MONTH     | 3 MONTHS    | 6 MONTHS    | 12 MONTHS   |
|--|------------|------------|------------|-------------|-------------|-------------|-------------|
| <b>GYM AREA<br/>or<br/>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<br/>+<br/>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<br/>PILATES<br/>STUDIO</b> | <b>10€</b> | <b>25€</b> | <b>45€</b> | <b>80€</b>  | <b>195€</b> | <b>300€</b> | <b>480€</b> |
| <b>REFORMER<br/>+<br/>GYM or PLUS</b>  | <b>14€</b> | <b>35€</b> | <b>60€</b> | <b>110€</b> | <b>260€</b> | <b>405€</b> | <b>630€</b> |
| <b>REFORMER<br/>+ GYM<br/>+ PLUS</b>   | <b>15€</b> | <b>40€</b> | <b>65€</b> | <b>115€</b> | <b>275€</b> | <b>425€</b> | <b>660€</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 8 people in each class and especially for beginners we have **"start"** courses.

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

Kesariani, 12 Iroon Skopeftiriou st.

Website : [fitnessplus.gr](http://fitnessplus.gr) - Email : [info@fitnessplus.gr](mailto:info@fitnessplus.gr)

Facebook: FitnessPlus Gym - Instagram: fitnessplusgym

