

## Weight, Fat, Inches loss Program

In 3 months, lose 7-10 kg, in just Rs. 10,000 only

## Fat2Fit Gym Rate Card

Check out our charges according to programs

Registration Fee for GYM just once time: 1000



## Regular Gym

1 month	3 month	6 month	12 month
Rs. 2,000/-	Rs. 5,000/-	Rs. 9,000/-	Rs. 16,000/-

**Programs Covered:** Heavy Machine, Mat Exercise, Body Composition, Diet.

## Gym + Cardio

1 month	3 month	6 month	12 month
Rs. 4,000/-	Rs. 10,000/-	Rs. 18,000/-	Rs. 35,000/-

**Programs Covered:** Heavy Machine, Diet, Body Composition, 15. min Cardio, Mat Exercise, Inches, Concealing.

## Just Cardio /Yoga

1 month	3 month	6 month	12 month
Rs. 3,000/-	Rs. 7,000/-	Rs. 15,000/-	Rs. 26,000/-

**Women Self Defense Classes (Only 2 days a week on weekends)** Per month Fee: 2500 /- Registration: 2500/-

Per Day Workout - Rs. 200/- Personal Training for any program: 10,000/ month

For more details: Qasim Suleman ( 0332 - 33 34 35 9 ) - (0345 - 58 95 913)

**GYM Address: # 32, 3<sup>rd</sup> Floor, Capital Plaza, Shabbir Sharif road, G11 Markaz.**