



**SAMIA
ALLOUBA**
FOREVER FIT

CORPORATE WELLNESS PROGRAM

WINTER/SPRING 2023



INTRODUCTION

SAMIA ALLOUBA GYM, DANCE, & FITNESS CENTERS

- **FOUNDED IN 1981, NOW WITH LOCATIONS IN MAADI AND SHEIKH ZAYED**
- **GYM FACILITIES WITH LATEST MACHINES AND EQUIPMENT**
- **ADULT AND CHILDREN'S GROUP FITNESS WORKOUTS WITH CERTIFIED INSTRUCTORS**
- **PERSONAL TRAINING SESSIONS WITH QUALIFIED TRAINERS**
- **ICHOREO, LES MILLS™, POLE PROJECT, AIR YOGA, MIND & BODY, AND MORE SPECIAL CLASSES**
- **PHYSICAL ASSESSMENTS AND NUTRITION PLANS WITH CERTIFIED NUTRITIONIST**
- **LADIES ONLY LOCATION IN MAADI**



EDUCATION

MANAGEMENT EDUCATION & TRAINING (MET) IS THE EDUCATIONAL DIVISION
OF SAMIA ALLOUBA, GYM, DANCE & FITNESS CENTERS
DELIVERS INTERNATIONALLY CERTIFIED COURSES IN:



- **PERSONAL TRAINING**
- **GROUP FITNESS**
- **BELLY DANCING**
- **NUTRITION**
- **WELLNESS CENTER MANAGEMENT**
- **MARTIAL ARTS & KICKBOXING**
- **YOGA YTT**

MEMBERSHIP PACKAGES

REGULAR MEMBERSHIP

ACCESS TO GYM ROOM AND ALL GROUP DANCE AND FITNESS CLASSES

JOKER – MEMBERSHIP IN ALL BRANCHES

ACE – MEMBERSHIP IN ONE BRANCH

QUEEN – MEMBERSHIP IN ONE BRANCH + 1 SPECIAL PROGRAM

KING – MEMBERSHIP IN ONE BRANCH + 2 SPECIAL PROGRAMS

MORNING MEMBERSHIP

A DISCOUNTED REGULAR MEMBERSHIP FOR MORNING FITNESS ENTHUSIASTS

GOLDEN MEMBERSHIP

A DISCOUNTED REGULAR MEMBERSHIP
FOR AGES 65 & ABOVE

FITNESS CLASSES

MEGA PACKAGE	(12 CLASSES)
ULTRA PACKAGE	(36 CLASSES)
SUPREME PACKAGE	(72 CLASSES)



MEMBERSHIP PACKAGES

STUDENT MEMBERSHIP

A DISCOUNTED REGULAR MEMBERSHIP WITH ALL BENEFITS FOR STUDENTS
AGED 13 - 22 YEARS

CHILDREN'S MEMBERSHIP

A WIDE VARIETY OF ACTIVITIES FOR CHILDREN AGED 3 YEARS AND ABOVE

- WINGS TO FLY
- CLASSICAL BALLET
- HIP HOP
- ARTISTIC AND RHYTHMIC GYMNASTICS
- ZUMBA, JAZZ, KARATE, ETIQUETTE & KICKBOXING AND MORE



ADDITIONAL MEMBERSHIP ADD-ONS

SPECIAL PROGRAMS OF AT LEAST 8 CONSECUTIVE SESSIONS

- SIT & BE FIT
- ADULT HIP-HOP & STREET DANCE
- LATIN DANCE, TANGO & SALSA
- BELLY DANCING
- KICKBOXING
- TAEKWONDO
- ETIQUETTE
- PARENTS AND KIDS CLASS
- COLOR ME BEAUTIFUL (MAKEUP)

POWER PLATE™ MEMBERSHIP

DIFFERENT PACKAGES AVAILABLE

MASSAGE (IN SELECT LOCATIONS)

DIFFERENT PACKAGES AVAILABLE

NUTRITION

DIFFERENT PACKAGES AVAILABLE

SPECIAL PROGRAMS

ONE-ON-ONE PROGRAM BY A SPECIALIST TO PREVENT AND TREAT TRAINING INJURIES

MIND & BODY PROGRAM

AIR YOGA, POWER YOGA, HATHA YOGA & VINYASA YOGA

BODY BALANCE

ARM BALANCES & INVERSIONS

TRANSFORMATION PROGRAM

- THE PERFECT MIX OF STRENGTH, FITNESS, AND NUTRITION
- FITNESS SESSIONS FROM TONING TO FAT-BURNING MOVES
- NEWEST WORKOUTS TAILORED TO ALL LEVELS

AUTISM FITPHYSIO-ACTIVE PROGRAM



MEMBERSHIP BENEFITS

- MEMBERSHIP FREEZING OPTIONS
- FREE INVITATIONS FOR FRIENDS OR FAMILY
- FREE FITNESS ASSESSMENT
- FREE PERSONAL TRAINING SESSIONS
- FREE SPECIAL & POWER PLATE™ CLASSES
- FREE DIET & NUTRITION CONSULTATION
- FREE FIRST-TIME TRANSFER OF MEMBERSHIP TO ANOTHER PERSON
- FREE USE OF SAUNA, STEAM, AND JACUZZI IN SELECT LOCATIONS



OUTDOOR SERVICES

V-CUT

- BOOT CAMP PROGRAM

TRANSFORMATION PROGRAM

- HEALTH AND NUTRITION PROGRAMS
- STRENGTH AND TRAINING WITH A GROUP OR INDIVIDUAL
- UNDER THE GUIDANCE OF A CERTIFIED PERSONAL TRAINER

MEMBERSHIP RATES

MAADI MIXED / LADIES ONLY – AMERICANA PLAZA BRANCHES

Company Size	Number of Memberships	Cost of Membership excl. VAT	Cost of Membership incl. VAT
1-50 Employees	10 Annual Memberships	93,000 LE	106,020 LE
1-100 Employees	20 Annual Memberships	186,000 LE	212,040 LE
1-200 Employees	30 Annual Memberships	279,000 LE	318,080 LE

PLEASE NOTE: ALL CORPORATE RATE DISCOUNTS APPLY TO APPLICANT AND FIRST DEGREE FAMILY MEMBERS

MEMBERSHIP RATES

MAADI MIXED / LADIES ONLY – AMERICANA PLAZA BRANCHES

Queen Membership 1 Year (per person)	Queen Membership 6 Months (per person)	Joker Membership 1 Year (per person)	Joker Membership 6 Months (per person)	Student Membership (Ages 15 – 22) (per person)
Published Rate LE 9,300	Published Rate LE 5,400	Published Rate LE 10,800	Published Rate LE 6,400	Published Rate LE 6,070
Staff	Individual	Flat-Rate Discount 30% Discount		
	Group 10	Flat-Rate Discount 35% Discount		
	Group 20 - >	Flat-Rate Discount 40% Discount		
Student	Flat-Rate Discount 15% Discount On Student Rate			

**PLEASE NOTE: ALL CORPORATE RATE DISCOUNTS APPLY TO APPLICANT AND FIRST DEGREE FAMILY MEMBERS
ADDITIONAL 5% DISCOUNT WITH CURRENT OFFERS**

MEMBERSHIP RATES

MAADI MIXED / LADIES ONLY – AMERICANA PLAZA BRANCHES

OUR PROPOSAL IS BASED ON YOUR STUDENTS TO HAVE A MEMBERSHIP AT OUR BRANCHES.
STUDENTS CAN CHOOSE FROM THE BELOW ACTIVITIES ACCORDING TO THEIR AGE.

Type	Minimum Students	Price (1 Month)	Price (5 Months)	Ages
Fitness /Other Activities	8 Students	850LE/Student	3500LE/Student	From 6 & up
	12 Students	750LE/Student	3000LE/Student	
Wings To Fly Class	8 Students	750LE/Student		From 3 to 5 Years
	12 Students	600LE/Student		

NOTE: AVAILABLE TIME FOR FITNESS MEMBERSHIP IS 3:00 PM TO 4:00 PM FOR AGES 6 YEARS TO 10 YEARS, FROM 4:00 PM TO 5:00 PM FOR AGES 11 YEARS AND UP.

THE OTHER ACTIVITIES LIKE (BALLET, GYMNASTICS, HIP HOP, JAZZ, KARATE, ZUMBA, KICKBOXING). THESE ACTIVITIES WILL BE TIMED ACCORDING TO OUR CLASSES SCHEDULE.

****14% VAT WILL BE ADDED TO THE ABOVE PRICES.**



OUR FITNESS IS POWERED BY



BRANCH ADDRESSES

MAADI BRANCH :

 **01227480201 – 01005382820**

 **13 STREET 254, MAADI**

SHEIKH ZAYED BRANCH :

 **01212444180 – 01000501046**

 **AMERICANA PLAZA**

THANK YOU