

Better Health Better Life ...



**PULSE** Gym

Fitness for all



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## ABOUT US

Pulse gym! Come and experience the exciting world of Health and Fitness like never before.

Pulse gym is a unique Fitness club, that combines a luxury and exclusive experience with a professional approach to help you to the best of your needs. We offer you the finest facilities to unwind you from the hectic routines of today's stressful lifestyle.

So get set to get started on your fitness and get your senses ready for this unique experience.

## FACILITIES

**CARDIO SECTION:** Cardio vascular exercise help you strengthen the heart and lungs, the two critical components of your body and keep you in top of your physical and mental health. What more, it helps you manage your weight too. This section has the state of the art computerized equipments including treadmills, cross trainers and a variety of bikes

**SPA:** Rejuvenate and pamper yourself with luxurious steam room, sauna room, chill showers separate for members.

**AEROBICS AND FLOOR EXERCISE :** Aerobics and Floor exercises help you to lose weight, build health and endurance and improves your overall health. These activities train the heart, lungs, and the cardio vascular system to process and deliver oxygen more quickly and efficiency to every part of the body. A wide range of equipments like gym balls, tubings and rubber bands are available for you.

**STRENGTH SECTION:** Strength exercise help you strengthen and tone-up your muscle, keeps in you shape and improves your postures. This section has ample state of the art single station equipments coupled with a host of additional free weights and the most needed guidance to help you out.

**COUNTED CALORIES JUICE BAR:** As the name suggests, all eatables & drinks here would be in tune to your body needs in terms of calories, fat and carbohydrates. This ensures that your intake synergizes with your workout to give you the best results. Choose from a whole range of snacks, juice, salads and daily vitamin supplements.

**FREE LOCKERS:** Free Lockers are available to keep your personal belongings safe while you unwind and workout to re-energize yourself. As needed, clean and fresh towels are provided.

### **BODY LAUNCH:**

- \* BODY LAUNCH is our free entry level program designed to get new members off to a solid start.
- \* BODY LAUNCH GIVES YOU:
- \* 1 Personalized workout with a Personal Trainer to understand your motivation and goal, and to benchmark your fitness.
- \* Workout covers every element of fitness - Cardio, Core, Strength, Balance and Flexibility.
- \* 1 Nutrition Counseling session to access your goals, dietary recall, and provide a weekly.

**Diet Plan:** These session are delivered by qualified fitness professionals.

Our Fitness Explorer platform will help boost your fitness level by bench marking it and helping you set your personal health goals.

**ACCELERATED RESULTS THROUGH PERSONALIZED ATTENTION: PULSE GYM** gives you:

- \* Personalized one to one attention
- \* Highly qualified and certified trainers.
- \* Specific assessments based on your needs and goals to create the right exercise plan.

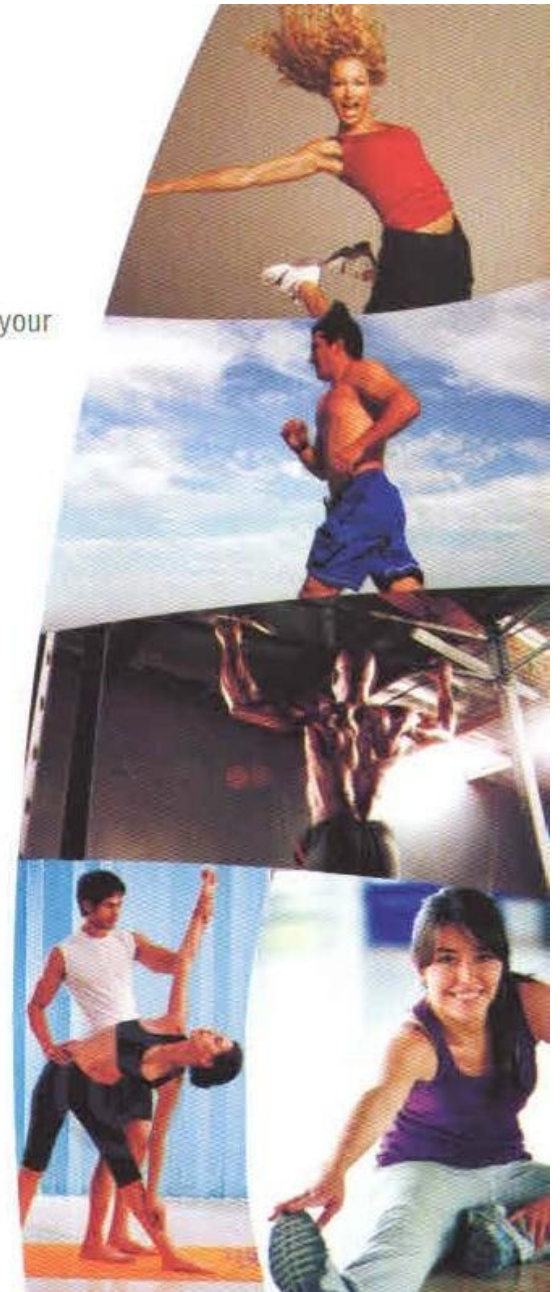
### **Personal Training LEVEL 1 (60 Minutes)**

- \* Meet and Greet to understand your motivation and goal.
- \* A comprehensive fitness test by our Fitness Trainers to assess and benchmark your fitness levels.

**Personal Training LEVEL 2 (60 Minutes):** A customized Fitness Specific workout based on your goals. Feed back from your trainer on your performance.

**Nutrition Counseling LEVEL 1 :** Meet and Greet to understand your goals, Dietary Recall and to provide a Weekly Diet Plan

**Nutrition Counseling LEVEL 2:** Detailed follow up of Diet Plan with Nutritionist's feedback.



## FEEL within 10 days

- More energy
- Sleep better
- For better

## Less

- Stressed
- Tired
- Poor self-esteem
- Overweight

## SEE within the first 12 weeks

- More energy
- Clothes fit better
- Improved Sex life

## Less

- Sluggish
- Body fat
- Tight clothes
- Overweight

- \* MAINTAIN a healthy lifestyle
- \* Maintain the long-term results and benefits

**KEEP GOING!** or it's back to stress, tiredness, poor self-esteem, overweight.....

### LOCATION MAP:



# PULSE Gym

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