

GYM RATES

SR. NO.	GYMNASIUM PACKAGE	REGISTRATION	MONTHLY	QUARTERLY	HALF YEARLY	YEARLY	AVG. PER MONTH
1	INDIVIDUAL	690	3050	7890	13280	17980	3050 / 2630 / 2213 / 1498
	INDIVIDUAL RENEWAL					15210	1267
2	STUDENT	690	2290	5920			2290/1973
3 ★	COUPLE	690	2625	6640	10795	16600	2625 / 2213 / 1799 / 1153
	★ COUPLE RENEWAL					13835	1153
4	GROUP MEMBERSHIP						
★	5 MEMBERS	690				14940	1245
★	5 MEMBERS RENEWAL					13130	1094
★	10 OR MORE MEMBERS	690				13280	1106
★	10 OR MORE MEMBERS RENEWAL					12450	1037
	GYM - THRICE A WEEK	690	1810	4650	7930	10760	1810/1550/1322/897
5	STEAM/SAUNA PKG	<i>Individual session</i>	<i>5 credits</i>	<i>10 credits</i>	<i>Half Yearly (Thrice a Week)</i>	<i>Yearly (Thrice a Week)</i>	<i>Average per session</i>
		180	690	1170	6430	10690	180/138/117/89/74

★ All the above Fees are per person

GST applicable on all the above services w.e.f. 02 / 09 / 2019

With yearly membership once a month Steam or Sauna or 12 sessions of Yoga will be complimentary.

With Monthly / Quarterly / Half yearly / Yearly membership, consultation with dietitian will be complimentary once a month.

Things to Carry: • ID Card • Clean Shoes • Towel • Water Bottle

Dress Code: • T-shirt & Track Pant

Please carry following documents at the time of Registration: • 3 Photographs • 1 Address Proof Xerox • 1 Fitness / Medical certificate from family physician

For further information please contact:

P. B. No. 3771, 15/17 Maharshi Karve Marg, Mumbai - 400 004 • **Telephone : 022 6757 0111, Extn. : 754, 756, 2383 0111, 75065 11101**

Fax : 022 6757 0777 • E-mail : write@saifeehospital.com • Website : www.saifeehospital.com



SAIFEE HOSPITAL

under the auspices of Saifee Hospital Trust Reg. No. E-5448 (Bom)

Complementary & Alternative Medicine Department

Gymnasium 9th Floor



NABH Accredited



Saifee Gym :

Knowing one's own body is the first step in the process of self awareness. Physical exercise enhances body fitness but more importantly creates an opportunity for self to experience the body, know the short comings and the strong attributes.

This in turn enhances a sense of self satisfaction that is a sense of pride about ones own body.

Saifee gym is a place to renew, recharge, revitalize and refresh. It's an urban wellness retreat along with herbal massages.

The salient features of Saifee Gym are :

- Cardio & Resistance training
- Personal fitness training with state of the art equipments and workout programs.
- Qualified trainers who are congenial and always ready to guide your workouts
- Result oriented
- Special ladies timings with lady trainers
- Floor exercise / aerobics
- Weight management program



Exercise creates self awareness of body and develops a sense of pride of existence

Additional Facilities :

- Diet program
- Program for special population i.e. (diabetic, hypertension, backache, etc)
- Steam / Sauna / Hydrotherapy
- No extra cost for peak hours
- Permanent and temporary locker facility
- Freezing & extension facility
- Transfer of yearly membership facility

Healthy body develops a healthy mind and when the mind is bright, our spirits are high. This is positivity.

Exercise helps in achieving physical fitness, improves self confidence and adds spirit to life

Exercise is crucial for WELLNESS. The three main areas which are trained at Saifee GYM are :

Cardiovascular (things that get your heart racing, blood pumping, skin sweating)

Resistance training (free weight lifting, weight machines or anything that safely tones your muscles, ligaments and bones to grow stronger)

Stretching: Stretching both before and after exercise is key to any fitness program. Stretching prior to exercise warms up your body making it less prone to accident. Stretching following exercise relieves muscle tightness, improves flexibility and cools down the body.

Last but not the least – a healthy diet coupled with exercise improves blood circulation and helps in maintaining good health. The gymnasium at Saifee hospital is home to various workouts.

Come attain true Fitness

Gym Timing : Monday To Saturday - 6.00 am To 10.00 pm, Sunday - 8.00 am To 1.00 pm

