



Royal Country Club

R I F F A V I E W S

Health & Fitness Services

30 Minute Fitness Test	Complimentary for members	
Lifestyle Evaluation	Member	BD 25
	Non Member	BD 30
Personal Training	Member	BD 15 per session
	Non Member	BD 20 per session
Personal Training	Shared Session (2 persons only)	
	Member	BD 22.500 per session
	Non Member	BD 30 per session
TRX Personal Training	Member	BD 15 per session
	Non Member	BD 20 per session
TRX Personal Training	Shared Session	(2 persons only)
	Member	BD 22.500 per session
TRX Training	Non Member	BD 30 per session
	Scheduled Group Session (Max. 4 persons)	
	Member	BD 6 per session
	Non Member	BD 8 per session
Kinesis Personal Training	Member	BD 15 per session
	Non Member	BD 20 per session
Group Exercise Classes	Member	BD 3 per session
	Non Member	BD 4 per session

To book your next training session, please call 17 751264 or send an email to Royal Country Club Manager, Rajan Ansilla, on r.ansilla@theroyalgolfclub.com