

# Start today!

Sign up today with Nathan Williams, personal trainer and expert sports movement coach, for the personal training package that suits you. Choose from:

## Platinum Package:

- 12 x one-hour personal training sessions per month
- BD175 per month or save BD50 by purchasing a 3 month package for just BD475

## Gold Package:

- 8 x one-hour personal training sessions per month
- BD140 per month or save BD40 by purchasing a 3 month package for just BD380

## Silver Package:

- 4 x one-hour personal training sessions per month
- BD90 per month or save BD30 by purchasing a 3 month package for just BD240

## Introducing Kinesis One!

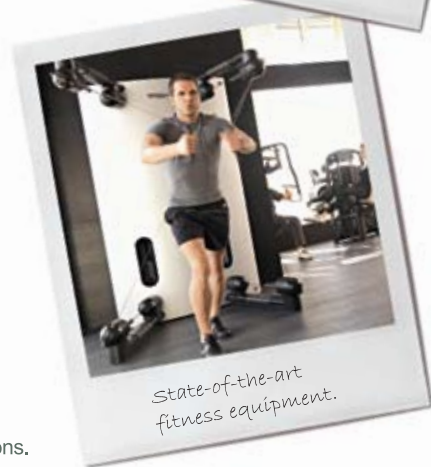
The very latest in weight-resistance technology, allowing you to explore an infinite range of natural movements and exercises.

### Terms & Conditions:

Each package includes a complete personal fitness assessment and online support. All sessions must be pre-booked with Nathan. Package holders are entitled to access the Country Club only for pre-booked training sessions. Package holders are not entitled to access the Country Club facilities outside of their pre-booked training sessions.



*Packages to match your needs.*



*State-of-the-art fitness equipment.*