



Recreation Menu

"AT THE OZONE GYM, NAME IT AND YOU'LL HAVE IT"

GET FIT WITH OUR OWN PROFESSIONAL INSTRUCTORS, YOU ARE OUR PRIORITY, WITH THE LATEST EQUIPMENT WE HAVE, OUR EXPERTISE IN FITNESS, SWIMMING, WEIGHT LOSS MANAGEMENT, WEIGHT TRAINING AND WELLNESS COUNSELING..

All guests are encouraged to check with their physician before beginning any type of exercise program.

Fitness Menu:

All Fitness services and series will be excluding from the access to the Indoor Swimming Pool

- **Personal Trainer:**

COMPLETE PERSONAL TRAINING SESSION OF ONE TO ONE BASIS WITH OUR OWN PROFESSIONAL FITNESS TRAINER. YOU WILL BE HAVING FULL BODY ANALYSIS, PERSONALIZED PROGRAM AND TOTAL FITNESS EVALUATION.

1 Session = 220 QR Duration = 1 Hour

Personal Trainer Series:

Buy 5 sessions, get 1 session for free = 1100 QR

Buy 10 sessions, get 2 sessions for free = 2200 QR

Off Peak Personal Training

Personal Trainer Series:

Buy 5 sessions, get 1 session for free = 880 QR

Buy 10 sessions, get 2 sessions for free = 1760 QR

Appointment requested: Week Days from 7:00 AM up to 12:00 PM

Friday all day long

Corporate Personal Training (Minimum 3 persons from the same company)

Personal Trainer Series:

Buy 5 sessions, get 1 session for free = 825 QR

Buy 10 sessions, get 2 sessions for free = 1650 QR

Company ID card and Business Card must be presented to the SPA reception desk

Corporate rates must be paid at the same time from the participants

- Power Plate Machine:

OUR LATEST ADVANCE VIBRATION MACHINE WILL TAKE CARE OF YOU WITH ITS CAPABILITY OF TONING, STRENGTHENING, INCREASE BLOOD CIRCULATION, METABOLISM, FLEXIBILITY AND ITS RELAXING EFFECT IN 30 MINUTES TIME.

1 Session = 170 QR Duration = 30 Min

Power Plate Machine series:

Buy 5 sessions, get 1 session for free = 850 QR

Buy 10 sessions, get 2 sessions for free = 1700 QR

- **ABS & Stretch:**

FLABBY TUMMY? DON'T YOU WORRY OUR VERY OWN ABS AND STRETCHING SESSION IS JUST FOR YOU...IN 30 MINUTES YOU WILL FIRM AND TONE YOUR ABDOMINAL MUSCLES.

1 Session = 120 QR Duration = 30 Min

ABS & Stretch Series:

Buy 5 sessions, get 1 session for free = 600 QR

Buy 10 sessions, get 2 sessions for free = 1200 QR

- **Fitness Consultation:**

CONSULT US, AT THE OZONE GYM YOUR WELLNESS IS IN A GOOD HANDS

WITH YOUR TAKE HOME PERSONALIZED FITNESS PROGRAM BASED ON YOUR CONSULTATION QUESTIONNAIRE YOU WILL GET FIT, EVEN AWAY FROM US...

-1 Session = 200 QR Duration = 30 Min

- **Tanita Machine (Body Composition Analyzer)**

OUR COMPLETE AND TOTAL BODY ANALYZER MACHINE WILL GIVE YOU ALL THE FINDINGS WITHIN A SNAP OF YOUR FINGER.

Price: 50 QR Duration = 10 Min

Indoor Pool Menu:

- Swimming Lesson:

HAVE FUN AND LEARN TO SWIM, WITH OUR EXPERIENCED SWIMMING INSTRUCTOR, WITH THEIR TEACHING AQUATIC SKILLS AND LATEST SWIMMING PROGRAM PROTOCOL FOR BEGINNER AND INTERMEDIATE.

- 1 Session = 200 QR Duration = 1 Hour**
100 QR Duration = 30 Min

Swimming Lesson Series:

Buy 5 Sessions, Get 1 session for free = 1000 QR Duration = 1 Hour

Buy 5 sessions, Get 1 session for free = 500 QR Duration = 30 Min

Group Swimming session (Min 2 & Max 3 Kids Per Instructor)= 160 QR Per Kid Duration = 1 Hour

80 QR Per Kid Duration = 30 Min

The Indoor Swimming Pool will be closed from time to time for some special events

Ozone SPA Entrances:

Type Of Entrance (Gym, Pool & Jacuzzi)	Price
Single	250 QR
Couple (Husband & Wife)	400 QR

Minimum age for Gym & Pool entrance is 18 years Old

20% Discount will be offered for minimum 3 Gym, Pool & Jacuzzi entrances

Type Of Entrance (Pool & Jacuzzi)	Price
Single	150 QR
Single + Kid	150 QR + 120 QR Per Kid
Couple (Husband & Wife)	250 QR
Couple + Kid	250 QR + 120 QR Per Kid
Member's Kid	100 QR Per Kid

Adult MUST be present with the kid below 7 years old inside the Pool Water

Adult MUST be present in the SPA Department in case of pool usage by kid above 7 years old

Kids are allowed to use the Indoor Pool Only

20% Discount will be offered for minimum 3 Pool & Jacuzzi entrances

The Indoor Swimming Pool will be closed from time to time for some special events

Recreation Menu Policies and Etiquette:

1. **Sport attire is recommended for the Fitness Services.**
2. **Swimming attire is recommended for the Indoor Pool Services.**
3. **In the interest of hygiene, only swimming wear and appropriate cloth must be worn while using the SPA facilities (Steam room, Sauna).**
4. **Guests are recommended to switch their mobile phone to silent in order to maintain a tranquil and relaxing environment.**
5. **All recreation menu is non refundable.**