



Membership prices.

NO INSCRIPTION FEES - NO AUTOMATIC PAYMENTS

Name membership:	Contract period:	Payment period:	Payment at reception Price in €/ per month
Try Out Month only for new clients.	1 month	at 1 st visit	50,--
Student Card	3 months(+1)	month	55,--
Fit Card	12 months (+1)	„	75,--
	6 months(+1)	„	80,--
	3 months(+1)	month	85,--
Upgrade to Health Services Card An additional payment on each chosen membership		month	28,--
10x Training Card Maximum 20 weeks valid, 1 credit per class or training only for group classes or Cardio-Fitness Training			150,--

Caution:

1 contract-month price to pay at 1st visit. This caution is used for your last trainings month when cancelling as mentioned in contract.

Other Prices:

Caution Club Card	25,-- No refund if card is lost, damaged or payment is due.
Full Health check-up and intensive PT with explication	100,-- individual Cardio and Strength Training Program.
Personal Training Sessions for members	Starting from 75,-- per session. 10 card 675,--

You can start every day. At your start the days will be calculated till beginning of the 1st day of new month. Each membership starts at the first of the new month.

Existence is open:

Last entrance 1 hour before closing.
 Monday till Friday : 8.30. Closing at 21.15. Fridays at 20.00.
 Saturday's : 9.30 – 14.00
 Sunday's : Closed

During the month of August a summer class program is active. (25-7 till 28-8)
 Please check, delete or change your fixed class reservations in time.

Existence will be closed:

all Sundays	
1 st January, New Year's day	Easter Friday till Easter Monday
1 st May, Fête de travail	Ascension
Pentecost Monday	23 rd June, National Holiday Luxembourg
15 th August, Assumption	1 st November, Toussaint
24 th , 25 th and 26 th December, Christmas	31 st December, Sylvester

Membership Services:

Fit Card: Each 20-22 weeks:

Body composition measurements, analyses and explication.
Fitness level check-up with individual cardio training program.
Fitness level check-up with individual strength training program.
Creation of your personalised training program each 20 weeks.
Manage your group-class reservations at the in-house computer.
Possibility to reserve 1 fixed group class
and free to plan more classes up to 3 weeks ahead.

Health Card: Each 10-12 weeks:

(upgrade)

Body composition measurements, analyses and explication.
Health check-up with personal Cardio Test.
Health check-up with personal Strength Test and personal analyses.
Creation of your 10 weeks Individual Cardio and 10 weeks Strength training program.
Full explication of your test results and training planning.
2 individual visits with Personal coaching.
Manage your group-class reservations at the in-house computer.
Manage your group-class reservations 24/7 over our website/internet.
Possibility to reserve up to 5 fixed classes and free to plan up to 3 weeks ahead.
20% discount on extra Personal Training sessions.

Student Card:

Students minimum age is 15 years. All students need to possess and show their valid student card at the reception each new trimester. No fixed class reservations possible. The student card-contract can not be combined with other reductions.

Corporate Health Trainings:

For corporate health and fitness services please contact André van Spaandonck. Tel: (00352) 691 25 06 64.
Ferrero, Police Luxembourg, Giorgetti, Kuhn already joined our health center.



With the publication of this price list all former price lists become invalid. 5st July 2011.

