



## MEMBERSHIP RATES

### SINGLE

AED 6,200	-	12 MONTHS
AED 3,900	-	6 MONTHS
AED 2,400	-	3 MONTHS
AED 950	-	1 MONTH

### COUPLE

AED 9,920	-	12 MONTHS
AED 6,240	-	6 MONTHS
AED 3,840	-	3 MONTHS
AED 1,520	-	1 MONTH

AED 125 - **DAY PASS**

Group Fitness Timetable is available from The RAISE Fitness & Wellness Reception, MyWellness App and RAISE web page. All rates are in UAE dirhams and inclusive of 5% VAT. Rates are subject to change without prior notice.

\*Terms and conditions apply.



## GROUP FITNESS CLASSES

MEMBERS	FREE
<b>NON-MEMBERS</b>	AED 120/CLASS
	AED 525/5 CLASSES <i>(Validity 1 month)</i>
	AED 950/10 CLASSES <i>(Validity 2 months)</i>
	AED 1,700/20 CLASSES <i>(Validity 3 months)</i>

## ONE-ON-ONE PERSONAL TRAINING

Tailor-made programs from our qualified trainers will help you achieve a wide range of fitness & wellness goals

DURATION	FEE	VALIDITY
1 hour	AED 300	1 day
10 hours	AED 2750	1 month
20 hours	AED 5000	2 months
30 hours	AED 6600	3 months

## RAISE FITNESS AND WELLNESS

A community driven fitness & wellness facility located in the heart of Jumeirah Islands.

With its state-of-the-art Technogym® equipment, it offers an inclusive rather than exclusive environment for exhilarating workouts.

All cardio machines include inbuilt LED screens, multiple TV channels and internet connection, while the Technogym MyWellness® App tracks your results, remembers your goals and keeps you connected, engaged and motivated while at the facility and outside.

Our personal trainers and fitness staff are also on hand to guide you in getting the most out of your workout, creating a routine that maximises your results and meets your goals.

RAISE Fitness and Wellness boasts an outdoor functional fitness area, dedicated strength training section, Skill line section, and fitness studio for instructed group fitness classes.

Our guests can also enjoy use of complimentary Wi-Fi and a beautiful outdoor space.



GROUP FITNESS TIMETABLE

