

> XTREME FITNESS

PERSONAL TRAINING (60 MINUTES)

- 1 SESSION // AED 300
- 4 SESSIONS // AED 1100
- 10 SESSIONS // AED 2500
- 15 SESSIONS // AED 3600
- 20 SESSIONS // AED 4200

Above prices include 1 protein drink per session.

GROUP TRAINING (60 MINUTES)

- RESIDENTS // AED 45 PER PERSON
- NON-RESIDENTS // AED 75 PER PERSON

Minimum of 3 persons. Price excludes ring rental.

RING RENTAL (60 MINUTES)

- RESIDENTS // AED 50 PER PERSON
- NON-RESIDENTS // AED 100 PER PERSON

	PRICE
Tennis court rental - 60 min	AED 105
Tennis ball machine - 30 min	AED 90
Tennis ball machine - 60 min	AED 150
Rental of tennis rackets	AED 50 (per racket)
Body Composition Analysis	AED 50
Personal training - 1 session (60 min)	AED 285
Personal training - 4 sessions	AED 960
Personal training - 10 sessions	AED 2100
Personal training - 15 sessions	AED 3000
Personal training - 20 sessions	AED 3780
Group classes for Residents	AED 30
Group classes for Non-Residents	AED 50

Advance booking required for Personal training and Tennis services.

GYM ONLY MEMBERSHIP

SoFIT & XTREME FITNESS	PRICE
1 month	AED 900
3 months	AED 2400
6 months	AED 4200
12 months	AED 7200

Members are entitled to dedicated benefits around the resort.

INFORMATION & RESERVATIONS

Please visit SoFIT Health Club reception

call +971 44 55 54 37 or mail h6541-th6@sofitel.com

All prices are in UAE Dirhams inclusive of 7% Municipality Fee, 10% Service Charge and 5% Value Added Tax.