

## FITNESS CENTRE



**32.30 X 9.85 m**



**17 X 10 m**



**13.33 X 7 m**



**13.33 X 7m**

Your workout should always be the high point of your day. SIMATS Fitness centre is designed to excite and motivate with a variety of amenities, innovative and tailor-made training Programmes with the state-of-the-art equipment for all skill levels and ample workout space, well aerated zone, following social distancing and hygiene protocols. The centre incorporates experts from the physical, psychological and sports arenas to support you with mindfulness practices for better performance. We are working on future Virtual, group and personal training, wellness clinics and fitness on demand

## FEATURES

Space of 3200 Sq. ft  
Qualified trainers  
Top of the line equipment's  
Functional training area  
Spinning studio  
Cardio  
Yoga classes  
Zumba  
Plyometric boxes  
Aerobics

## What we provide

Total No of Gym – 4

## Modern A/C gym with dressing & toilet facilities

Sports Tread mill	6
Sports elliptical	4
Cycling bike	6
Half cage	4
Flat bench	4
Seated preacher curl	3
Half cage smith attachment	2
Functional trainer	2
Hyper extension	4
Incline bench	4
Utility bench	4
Multipurpose bench	4
Hard core training	2
Abdominal bench	4
Leg extension	4
Dumbbells rack	4

Multipress	2
7 Feet Olympic rod 50mm	10
4 feet EZ rod 50mm	3
Medicine Ball	25
Swiss Ball	6
Dumb bells	950kg
Weight lift plates 50mm	1400kg

## STAFF

Trainer	4
Assistant	4
Housekeeping	8

## Working hours

Morning	Evening
6.00 to 8.00 am (men)	3.00 to 4.30 pm (women)
	5.00 to 7.30 pm (men)

## Sunday

Morning: 7.00 am to 10.00 am (men)  
 10.00 am to 12.00noon(women)  
 Evening Holiday

# TRAIFF

S. No	Duration	Amount (Rs)	
		University & School Students	Others
1	Yearly	7000/-	9000/-
2	Half yearly	4000/-	5000/-
3	Quarterly	2500/-	3000/-