



# FITNESS

The way Towards Healthy Life

## Facilities

Gymnasium | Sauna | Steam | Jacuzzi | Chilled Shlower  
Weight Loss /Gain | Aerobics | Yoga



## Health Club Timings

### Ladies & Gents

6.30 a.m. to 10.00 a.m.  
3.30 p.m. to 9.30 p.m.



### Only Ladies

10.30 a.m. to 03.00 p.m.



## Matunga Gujarati Club Ltd.

Nathalal Parekh Marg, Near Arora Cinema,  
Matunga (C.Rly.), Mumbai 400 019.

Tel. 022 - 2409 5622 | Email : 1939mgcl@gmail.com



MASSAGE



	1 Sitting	6 Sitting (Within 3 months)
For Health Club Member	`125/-	`700/-
For Guest	`350/-*	—
For Club Member But Not Health Club Member	`225/-*	—

\*Includes CHCF

YOGA



<b>Monday - Wednesday - Friday</b> 4.00 p.m. to 5.00 p.m. only Ladies		
<b>Tuesday - Thursday - Saturday</b> 7.00 a.m. to 8.00 a.m. Ladies & Gents 8.00 a.m. to 9.00 a.m. Ladies & Gents 4.00 p.m. to 5.00 p.m. only Ladies		
Club Member	`300/-	Per Month
Guest	`450/-	

POWER YOGA



<b>Monday to Friday</b> 5.15 p.m. to 6.15 p.m. & 6.15 p.m. to 7.00 p.m.	Member	`1400/-	Per Month
	Guest	`2000/-	



# CHCF : (COMPLETE HEALTH CLUB FACILITIES)

(Gymnasium | Cardio | Sauna | Steam | Jacuzzi | Chilled Shlower)

CHCF	One Day	30 Day	90 Day	180 Day	365 Day
Club Member	60	480	1080	—	3600
Club Member Couple	—	720	1800	—	5400
Guest	120	—	3360	5400	—
Guest Couple	—	—	5640	9000	—

# WEIGHT LOSS & WEIGHT MANAGEMENT PROGRAM

Regular Nutrition Counseling  
Weight Check Up  
Monitoring  
Cardio & Weight Training, Sauna, Steam, Jacuzzi  
Entire Program is carried out under qualified dietician

Weight Loss Kg.	Weight Loss Program			Weight Management Program		
	Period	Club Member	Guest	Phase	Club Member	Guest
5	40 Days	1,560	2,760	1 + 11	5,700	12,420
7	60 Days	2,040	3,600	2 + 10	5,940	13,140
10	90 Days	2,880	5,280	3 + 9	6,420	13,680
15	120 Days	3,660	6,900	4 + 8	6,720	14,220
20	180 Days	4,800	9,660	6 + 6	7,140	15,060
25	210 Days	5,400	11,040	7 + 5	7,380	15,600

# WEIGHT GAIN PROGRAM



## PROGRAM DETAIL

Weight Trainin, Nutritious Diet, Weight Check Up, Monitoring, Counseling, Personal Attention

Period	Sittings	Club Member	Guest
90 Days	12	`3,180/-	`5,520/-
180 Days	25	`5,280/-	`9,660/-
365 Days	50	`8,400/-	`15,180/-

Govt. Service Tax Extra



# NOTE :

1. The Club Member's (Spouse, Children below 18 Years, Unmarried daughter of any age) gets 25% discount on health club facilities excepts Aerobics, Yoga & Massage.
2. The Club Member can avail of the Health Club Facilities free of Charge except Aerobics, Yoga & Massage.
3. All Charges mentioned above are for one person only unless mentioned otherwise.
4. All charges and terms and conditions are subject to revision without prior notice.
5. Rights of admission reserved.
6. No refund or adjustment under any circumstances. No extension will be given for breaks for any reason whatsoever.
7. The Club is not responsible for any instrument going out of order due to electric failure and / or water shortage or any other reasons beyond its control.
8. Health Club users use the health club at their own risk and responsibility.
9. The Club shall not be responsible for the personal belongings of the Health Club Members. Members are requested to avail of the locker facilities offered and ensure adequate safety of their belongings.
10. The Management's decision will be final in all matters.
11. Service Tax extra as applicable.



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