

## POWER RANGERS

STRENGTH TRAINING

NUMBER OF TRAINING DAYS : **5 DAYS**

GYM 4 DAYS  
SWIMMING 1 DAY

DURATION : **1 MONTH**

PACKAGE : **PKR 40,000/-**

## WEDDING SHREDDING

SHREDDING FOR WEDDING

**(FEMALE)**

NUMBER OF TRAINING DAYS : **5 DAYS**

PILATES 2 DAYS  
PHYSIO/REHAB ONCE A MONTH  
GROUP CLASS 1 DAY  
SWIMMING 2 DAYS

**DIET PLAN IS INCLUDED**

DURATION : **1 MONTH**

PACKAGE : **PKR 35,000/-**

**(MALE)**

NUMBER OF TRAINING DAYS : **5 DAYS**

GYM 2 DAYS  
PHYSIO/REHAB ONCE A MONTH  
GROUP CLASS 1 DAY  
SWIMMING 2 DAYS

**DIET PLAN IS INCLUDED**

DURATION : **1 MONTH**

PACKAGE : **PKR 35,000/-**

## HEALTHY HYDRO

WEIGHT LOSS TRAINING FOR OBESITY PATIENTS WITH  
LOW BONE MINERAL DENSITY

NUMBER OF TRAINING DAYS : **3 DAYS**

HYDRO THERAPY 3 DAYS

DURATION : **1 MONTH**

PACKAGE : **PKR 30,000/-**

## ACTIVE KIDS

KIDS TRAINING PROGRAM

NUMBER OF TRAINING DAYS : **5 DAYS**

GROUP CLASSES 2 DAYS  
SWIMMING 3 DAYS

DURATION : **1 MONTH**

PACKAGE : **PKR 35,000/-**

## HAPPY KIDS

KIDS TRAINING PROGRAM

NUMBER OF TRAINING DAYS : **3 DAYS**

PHYSIO/REHAB 2 DAYS  
HYDRO THERAPY 1 DAY

DURATION : **1 MONTH**

PACKAGE : **PKR 30,000/-**

\*PROGRAMS AND RATES ARE SUBJECT TO CHANGE



**SCAN ME**  
TO BECOME A MEMBER

051-5911111

BAHRIAACTIVE\_BT

BAHRIA ACTIVE

0331-2777846

BAHRIA HEIGHTS 1 EXTENSION, CLUB BUILDING,  
PHASE 1 BAHRIA TOWN, RAWALPINDI

[HTTPS://BAHRIAACTIVE.COM/](https://bahriaactive.com/)

**bahria active**  
YOUR ACTIVE LIFESTYLE DESTINATION



# PROGRAMS



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## SUPERSTAR

WEIGHT LOSS TRAINING

NUMBER OF TRAINING DAYS : **5 DAYS**

GYM	2 DAYS
PILATES	1 DAY
PHYSIO/REHAB	ONCE A MONTH
GROUP CLASS	1 DAY
SWIMMING	1 DAY

DIET PLAN IS INCLUDED

DURATION : **1 MONTH**

PACKAGE : PKR **40,000/-**

## BRINGING TEEN BACK

FEMALE TRANSFORMATION PROGRAM

NUMBER OF TRAINING DAYS : **6 DAYS**

GYM	1 DAY
PILATES	2 DAYS
PHYSIO/REHAB	1 DAY
GROUP CLASS	1 DAY
SWIMMING	1 DAY

DIET PLAN IS INCLUDED

DURATION : **3 MONTHS**

PACKAGE : PKR **70,000/-**

## MOM STRONG

PRE & POST NATAL EXERCISE PROGRAM

NUMBER OF TRAINING DAYS : **3 DAYS**

PHYSIO/REHAB	1 DAY
GROUP CLASS	1 DAY
HYDRO THERAPY	1 DAY

DIET PLAN IS INCLUDED

DURATION : **3 MONTHS**

PACKAGE : PKR **30,000/-**

## POWER UP SENIORS

PROGRAM FOR 50+ ELDERLY WITH ANY UNDERLYING MEDICAL CONDITION

NUMBER OF TRAINING DAYS : **5 DAYS**

PHYSIO/REHAB	3 DAYS
HYDRO THERAPY	2 DAY

DURATION : **3 MONTHS**

PACKAGE : PKR **90,000/-**

## HEALTHY HYDRO

WEIGHT LOSS TRAINING FOR OBESITY PATIENTS WITH LOW BONE MINERAL DENSITY

NUMBER OF TRAINING DAYS : **5 DAYS**

HYDRO THERAPY	5 DAYS
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DURATION : **1 MONTH**

PACKAGE : PKR **45,000/-**

## FIND YOUR FIT

## FRIENDLY FITNESS

BEGINNERS PROGRAM

NUMBER OF TRAINING DAYS : **5 DAYS**

PHYSIO/REHAB	1 DAY
GROUP CLASS	2 DAYS
SWIMMING	1 DAY
HYDRO THERAPY	1 DAY

DURATION : **1 MONTH**

PACKAGE : PKR **30,000/-**

## RAISE THE BAR

INTERMEDIATE PROGRAM

NUMBER OF TRAINING DAYS : **5 DAYS**

GYM	2 DAYS
PHYSIO/REHAB	TWICE A MONTH
GROUP CLASS	2 DAYS
SWIMMING	1 DAY

DURATION : **1 MONTH**

PACKAGE : PKR **30,000/-**

## FIT TO FITTER

ADVANCE LEVEL

NUMBER OF TRAINING DAYS : **5 DAYS**

GYM	2 DAYS
PILATES	1 DAY
PHYSIO/REHAB	ONCE A MONTH
GROUP CLASS	1 DAY
SWIMMING	1 DAY

DIET PLAN IS INCLUDED

DURATION : **1 MONTH**

PACKAGE : PKR **30,000/-**

## PRO HOUR

CUSTOMIZED PLAN

NUMBER OF TRAINING DAYS : **5 DAYS**

DURATION : **1 MONTH**

PACKAGE : PKR **45,000/-**



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# bahria active

YOUR ACTIVE LIFESTYLE DESTINATION

## PACKAGES

### INDIVIDUAL

MEMBERSHIP FEE

**25,000/-**

QUARTERLY FEE

**60,000/-**

SEMI ANNUAL FEE

**95,000/-**

ANNUAL FEE

**135,000/-**

\*THIS PACKAGE INCLUDES GYM+ POOL+STEAM AND SAUNA.

### FAMILY / GROUP (4 PERSONS)

MEMBERSHIP FEE

**50,000/-**

QUARTERLY FEE

**160,000/-**

SEMI ANNUAL FEE

**255,000/-**

ANNUAL FEE

**385,000/-**

\*THIS DEAL INCLUDES GYM + POOL + STEAM & SAUNA AND  
1 KID BELOW 5 YEARS GETS KID POOL FOR FREE

### COUPLE / PARTNER / FRIENDS

MEMBERSHIP FEE

**40,000/-**

QUARTERLY FEE

**100,000/-**

SEMI ANNUAL FEE

**160,000/-**

ANNUAL FEE

**240,000/-**

\*THIS PACKAGE INCLUDES GYM+ POOL+STEAM AND SAUNA.

### LIFETIME (1 PERSON)

MONTHLY SUBSCRIPTION

**5,000/-**

MEMBERSHIP FEE

**1,500,000/-**

**20% OFF**

ON PERSONAL TRAINING/PROGRAMS

**15% OFF**

REHAB SERVICES

**10% OFF**

ON CAFE

1 DIET PLAN QUARTERLY

\*THIS DEAL INCLUDES GYM + POOL + STEAM & SAUNA AND  
1 KID BELOW 5 YEARS GETS KID POOL FOR FREE

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# bahria active

YOUR ACTIVE LIFESTYLE DESTINATION

## SERVICES

- TOP CLASS GYM
- INDOOR SWIMMING POOL WITH CONTROLLED WATER TEMPERATURE
- CAFETERIA
- PILATES
- GX STUDIO
- A RELAXING SAUNA AND STEAM
- PHYSIO & REHAB THERAPY
- HYDRO THERAPY

## FITNESS PROGRAMS

- WEIGHT LOSS TRAINING
- STRENGTH TRAINING
- KIDS TRAINING PROGRAMS
- PRE & POST NATAL EXERCISE PROGRAM

BAHRIA HEIGHTS 1 EXTENSION CLUB BUILDING PHASE 1 BAHRIA TOWN RAWALPINDI

051 5911111



BAHRIA ACTIVE



BAHRIAACTIVE BT



0331 2777846



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# Kickoff Your Passion For Football



## Football Field Charges

### For Members

Before 5:00PM

Rs. **4,000/-** Per Hour

After 5:00PM

Rs. **6,000/-** Per Hour

### For Non-Members

Before 5:00PM

Rs. **8,000/-** Per Hour

After 5:00PM

Rs. **10,000/-** Per Hour

# FUTSAL FIELD CHARGES

## 7:00 AM TO 12:00 AM

### FOR MEMBERS

BEFORE 5 PM

RS.4,000/- PER HOUR

AFTER 5 PM

RS.6,000/- PER HOUR

### FOR NON-MEMBERS

BEFORE 5 PM

RS.8,000/- PER HOUR

AFTER 5 PM

RS.10,000/- PER HOUR





# FUTSAL PROFESSIONAL TRAINING PACKAGES

## MONTHLY PACKAGE 01

MONDAY TO THURSDAY

FEE

10,000  
(FOR MEMBERS)

12,000  
(FOR NON-MEMBERS)

## MONTHLY PACKAGE 02

FRIDAY TO SUNDAY

FEE

8,000  
(FOR MEMBERS)

10,000  
(FOR NON-MEMBERS)

TIMINGS

5-10 YEARS

10-14 YEARS

14+ YEARS

4 TO 5 PM

5 TO 6 PM

6 TO 7 PM

## PERSONAL TRAINING PACKAGE

DAYS

CHARGES

WEEKDAYS (MONDAY – THURSDAY)

RS.25,000

WEEKENDS (FRIDAY – SUNDAY)

RS.20,000

(SESSIONS ARE CONDUCTED BY PROFESSIONAL FOOTBALL COACHES)



# PHYSIO & REHAB CHARGES

DURATION	CHARGES (PKR)
PER DAY	3,000/-
3 DAYS	8,000/-
10 DAYS	25,000/-
20 DAYS	40,000/-
3 MONTHS	90,000/-

