

CHOOSE YOUR TRAINING PACKAGE

Only 3 simple steps to decide:

STEP 1: CHOOSE A PT PACKAGE THAT FITS YOUR LIFESTYLE

VALUE

ROCKSTAR

PT100

STEP 2: CHOOSE YOUR PERSONAL TRAINER



PERSONAL TRAINER



ELITE TRAINER



ADVANCED TRAINER



MASTER TRAINER

STEP 3: CHOOSE NUMBER OF HOURS

1

10

20

30

50

100

PT100
THE ULTIMATE
PACKAGE

100
PT HOURS

FREE
12 MONTHS MEMBERSHIP

RM 3,180
TOTAL SAVINGS



UNLOCK MORE WITH EACH TIER

BENEFIT	VALUE	ROCKSTAR	PT100
Postural & dynamic movement assessment	✓	✓	✓
Personalised fitness program led by a Personal Trainer	✓	✓	✓
Choose up to 3 Personal Trainers under 1 package	✗	✓	✓
Customised session 30/60/90 minutes	✗	✓	✓
PT Buddy eligibility at anytime*	✗	✓	✓
Virtual PT	✗	✓	✓
1:1 Muay Thai / Kickboxing**	✓	✓	✓
1:1 Group Fitness**	✗	✓	✓
Free membership dues	✗	✗	✓
Club access upgrade***	✗	✓	✓
Extra validity days	✗	✓	✓
PT Easy Pay 0%	✓	✓	✓

Terms and Conditions:

- * Members may bring one member to attend a personal training session with the same trainer. Both participants must attend the same session, and bookings must be made in advance.
- ** 1:1 Muay Thai / Kickboxing, Group Fitness depends on trainer qualifications / specialities.
- ***Eligible for an upgrade to VIP or Passport membership for a limited time only.



UNLOCK SPECIAL RATES FOR SMARTER TRAINING

Train better, feel stronger, stay committed

PLAN	HOURS	PT (RM)	ADVANCED (RM)	ELITE (RM)	MASTER (RM)
VALUE	1	200	200	200	200
	10	1,175	1,278	1,402	1,562
	20	2,262	2,418	2,629	2,929
	30	3,223	3,428	3,723	4,135
	50	4,751	5,060	5,502	6,090
ROCKSTAR	1	200	200	200	200
	10	1,297	1,407	1,540	1,707
	20	2,494	2,648	2,889	3,204
	30	3,537	3,765	4,078	4,528
	50	5,192	5,541	6,038	6,688
PT100	100	RM13,375			

*Packages can be paid in full (lump sum) or monthly via PT Easy Pay 0% instalment plan.

