



# MEMBERSHIP INFORMATION

THE ROOM  
— ABU DHABI —

# WHO ARE WE

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At THE ROOM we believe in a balanced, holistic approach to fitness and wellness. We created the club to contribute to your health, fitness and wellness through a comprehensive schedule of classes and services. People from all walks of life join our non-intimidating community! We get together to train, share good energy and motivate each other to reach our goals.

Let's create  
#anextraordinaryroad  
with you!

# THE ROOM

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ABU DHABI





# WHAT WE DO

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Group classes is at the heart of THE ROOM. Spinning®, Pilates, Yoga and our own ‘safety first’ functional training program SHAPE! Complemented with dance and kids classes to make it a great community.

To offer a holistic solution to your individual needs we offer personal training, sports massage, reformer pilates, biomechanical screening, body composition testing, holistic health and personal development coaching.

Our technology and testing options track and measure your progress very easily.

# THE ROOM APP

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Get THE ROOM Abu Dhabi App and start scheduling your classes!

Follow the steps below to set up the app

- : 1. Download the app from the app store
- 2. Create your profile
- 3. Select your class pass or membership
- 4. Start booking your classes

\*Your Care Team will activate your membership the same day\*

DOWNLOAD  
THE ROOM ABU DHABI  
APP







# Project You

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‘Project You’ is an investment in the best version of yourself!

- An encouraging community that wants to live healthier and fitter and train together!
- The first ever program in the fitness industry that focuses on new routines over things to ‘take out’ or ‘stop doing’.
- We won’t tell you that ‘die hard’ training is the answer, because it is NOT.
- You will even be able to join cooking seminars that make things REALLY easy.
- Yes to training, yes to healthier eating habits, yes to organizing your days better to make life easier.
- 28 day low carb challenge.
- FREE E-book of keto meal plan.
- Personal Development Seminars.
- Access to Studio & Online sessions both.

# P E R S O N A L T R A I N I N G

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THE ROOM offers high quality Personal Training.

Our experts can work with you on :

1. Overall fitness improvement
2. Weight management
3. Core strength
4. Mobility & flexibility
5. Injury prevention and rehab

You will get fully tailored training programs to fit your needs made by industry experts.



# TIMETABLE

- Stable timetable throughout the year.
- 45+ classes per week.
- Cardio, strength, core stability, mindfulness.
- Class levels from foundations to expert levels.
- Class moods from Fun Candy to really challenging Performance and Tabata.

With our timetable, you can create a great fitness & lifestyle habit.

| Apr 17<br>MON   | Apr 18<br>TUE   | Apr 19<br>WED   | Apr 20<br>THU   | Apr 21<br>FRI   |
|---|---|---|---|---|
| Barre Class<br>Ladies Only<br>08:30 60 / من<br>Min.<br>Jasmin | Spinning<br>Performance<br>09:30 60 / من<br>Min.<br>Musab (Sub) | Barre Class<br>Ladies Only<br>08:30 60 / من<br>Min.<br>Jasmin | Ladies Only<br>Pilates<br>Foundations Mat<br>08:30 60 / من<br>Min.<br>Eva | Spinning<br>Performance<br>08:30 60 / من<br>Min.<br>Musab           |
| Spin & Core<br>09:30 60 / من<br>Min.<br>Musab                 | Zumba Ladies<br>Only<br>09:30 60 / من<br>Min.<br>Mariana        | Spinning<br>Performance<br>09:30 60 / من<br>Min.<br>Musab     | Shape<br>Foundations<br>08:30 60 / من<br>Min.<br>Musab                    | Barre Class<br>Ladies Only<br>09:30 60 / من<br>Min.<br>Jasmin (Sub) |

## SEPTEMBER 2021 MOMENTS CALENDER

| SUN              | MON              | TUE | WED              | THU                                 | FRI               | SAT  |
|------------------|------------------|-----|------------------|-------------------------------------|-------------------|--|
|                  |                  |     | 1                | 2                                   | 3                 | 4<br>DEEP STRETCH<br>& MYOFASCIAL<br>RELEASE<br>WORKSHOP |
| 5<br>PUMP TABATA | 6<br>PUMP TABATA | 7   | 8<br>PUMP TABATA | 9                                   | 10<br>PUMP TABATA | 11<br>SPIN &<br>MEDITATION                               |
| 12               | 13               | 14  | 15               | 16<br>TOMORROW<br>LAND<br>CLUBNIGHT | 17                | 18<br>HR FIELD<br>TESTING                                |

# MOMENTS

Truly unique at the club is the Moments Calendar. Each month our Care Team and International guest presenters prepare themed classes, workshops and seminars to mix things up & teach you something new.

(#NoOrdinaryMoments)



## HR MONITORS & TRACKING PROGRESS

Take your training to a new level with THE ROOM heart rate monitors. Tracking your efforts and training gives you feedback on :

1. Heart Rate
2. Percentage of Maximum effort
3. Calories burnt

THE ROOM's effort point system, fitness portal and heart rate monitor technology allows you to track your progress accurately.

THE ROOM heart rate monitor is available for 340 AED.  
( free as of 3-month membership )



# INTRO PACKAGES

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Get Started



UNLIMITED  
GROUP CLASSES



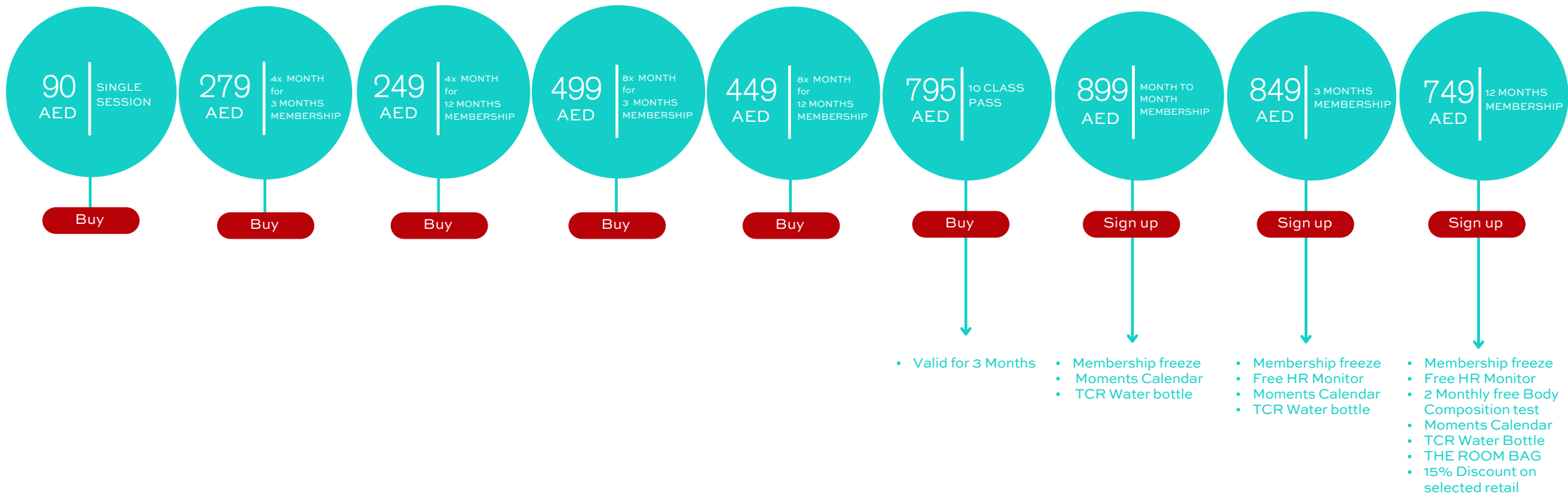
Get Started



PERSONAL TRAINING  
3 sessions

\*All memberships are subject to Terms and Conditions.

# GROUP CLASSES MEMBERSHIP OPTIONS



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# THE ROOM

— ABU DHABI —



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