



HYDERABAD: Jubilee Hills | Kukatpally | Gachibowli | Hitex
VIJAYAWADA | GUNTUR | VISAKHAPATNAM



Xpress Fitness

PERSONAL TRAINING

1 month	5,000/-
3 months	12,000/-
6 months	20,000/-
1 year	30,000/-



MEMBERSHIP TARIF

ANNUAL

Single	14,000/-
Couple	27,000/-

HALF YEARLY

Single	10,000/-
Couple	18,000/-

QUARTERLY

Single	7,000/-
Couple	12,000/-

MONTHLY

Single	3,500/-
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ONE DAY

Single	250/-
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Xpress Fitness

XPRESS WEIGHT LOSS PROGRAMME

4kg	1 Month Membership + Personal Training	8,000/-
8kg	3 Months Membership + Personal Training	15,000/-
16kg	6 Months Membership + Personal Training	28,000/-
20kg	8 Months Membership + Personal Training	30,000/-





Xpress Fitness

BODY MASSAGE WITH STEAM

{Body Massage Packages exclusively for Xpress members}

	1 Sitting	10 Sittings	24 Sittings
with Coconut Oil (45 Min.)	800/-	7,200/-	13,600/-
with Olive Oil (45 Min.)	1,200/-	10,800/-	20,200/-
with Bringraj Oil (45 Min.)	800/-	8,100/-	15,300/-
Aroma Oil (45 Min.)	1,700/-	15,300/-	28,900/-





Xpress Fitness

XPRESS FITNESS PLUS PROGRAMME

One Year membership +
One Year Personal Training

=

40,000/-





Xpress Fitness

XPRESS SIX PACK

4 Months -

4 Mem + 4 Pep
5 days Workout
+
Supplimentation
= **30,000/-**

6 Months -

6 Mem + 6 Pep
5 days Workout
+
Supplimentation
= **40,000/-**

