

TONIC GYM CLUB

Group Activities

Number of Sessions per Month

	1	2	4	6	8	12	16	Unlimited
Aerobic (Step high and low Taebo /Abs-buns-thighs Resist a ball /Pilates/Vipr/Bozu)	\$15	\$20	\$30	\$35	\$44	\$55	\$71	\$83
Spinning/RPM	\$15	\$20	\$30	\$35	\$44	\$55	\$71	\$83
Stretching-Swedish/Let's Bound	\$15	\$20	\$30	\$35	\$44	\$55	\$71	\$83
Oriental dance	\$15	\$20	\$30	\$35	\$44	\$55	\$71	\$83
Swimming school	\$16	\$22	\$36	\$48	\$60	\$78	-	-
Aqua aerobics	\$15	\$22	\$36	\$48	\$60	\$78	-	-
Aqua Gym	\$15	\$22	\$35	-	\$55	\$75	-	-
Yoga	\$25	\$40	\$50	-	\$80	-	-	-
Salsa Dance	\$15	\$22	\$40	-	\$60	-	-	-
Zumba	\$15	\$22	\$35	-	\$55	-	-	-
Zumba for Children (5-12 years)	\$15	\$22	\$35	-	\$55	-	-	-
Tae Kwon Do	\$15	\$25	\$40	-	\$60	-	-	-
Gymnastics for Children	\$15	\$22	\$35	-	\$55	-	-	-
Classic Ballet	\$15	\$22	\$35	-	\$55	-	-	-
Mixed Martial Arts	\$15	\$22	\$40	-	\$55	-	-	-

Private Sessions

Personal Training (Private Session)	\$33
Power Pilates (Private Session)	\$22

Squash

Private Session with Coach	\$33
Court Reservation Only (1-hour)	\$20
Court Reservation Only (30-minutes)	\$11

Water Sports

Swimming Lesson (Private 1-hour session)	\$30
Swimming Lesson (Private 30-min session)	\$16
Scuba Diving (1-hour)	\$100
Scuba Diving (18 hours)	\$1,000
Scuba Diving Package (Group of 4 - 18 hours)	\$600

Private courses are available upon request.

Minimum number of members required to open a new class

For more information, please contact us on 04/868 830 - 04/868 831

**All prices are VAT inclusive*