

RATE LIST CARD 2025 F-11 ISLAMABAD

OUR HEALTH CLUB MEMBERSHIP



Steam, Sauna & Jacuzzi



Trainers on gym floor



Nutritional Guidelines



Towels



Hot Showers



Lockers



Healthy Café



Central Heat & Cool



Free weights



Strength



CrossFit



Cardio

MEMBERSHIP FEE RS. 35,000/-

A membership fee is valid for 2 years and grants access to Vostro World and its comprehensive array of services and products.

MONTHLY

RS. 22,000/-

QUARTERLY

RS. 54,000/-

6 MONTHS

RS. 90,000/-

ANNUAL

RS. 165,000/-

OFF PEAK

OFF PEAK TIMING: 7:00 AM - 4:00 PM

MONTHLY

RS. 18,500/-

QUARTERLY

RS. 45,000/-

6 MONTHS

RS. 79,000/-

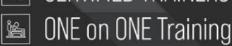
ANNUAL

RS. 140,000/-

All prices are subject to 5% GST

PERSONAL TRAINING







Full Body Assessments



Nutritional Plans Included

FULL 20 SESSIONS PER MONTH

SILVER RS. 42,000/- GOLD

RS. 55,000/-

PLATINUM

RS. 70,000/-

ELITE

RS. 95,000/-

HALF 12 SESSIONS PER MONTH

SILVER

RS. 25,000/-

GOLD

RS. 33,000/-

PLATINUM

RS. 43,000/-

ELITE

RS. 60,000/-

SMALL GROUP PERSONAL TRAINING

RS. 17,000/-

VITALITY STUDIO

- Customized nutrition plans
- LesMills, Zumba, Yoga & Spin
- Improved metabolism
- Improved strength & vitality

- Guaranteed weight loss
- ✓ Upto 10-12 inches of fat loss
- Dedicated whatsapp support
- Reduced stress levels
- Reduction in dress sizes

STUDIO MEMBERSHIP RS. 5,000/-

ONE MONTH PACKAGE RS. 18,000/-

PHYSIOTHERAPY

- Sports Injuries
- ✓ Geriatrics

Pediatrics

✓ Neuro Rehab

- ☑ Back/Neck Pain
- Frozen Shoulder

- ✓ Musculoskeletal
- Manual Therapy
- Injury Rehab

Orthopedic

- Sciatica Pain
- ✓ Improved Mobility

INITIAL SESSION

RS. 1,800/
SINGLE (FOLLOW UP) SESSION

RS. 2,400/
5 SESSION PACK

RS. 10,000/
10 SESSION PACK

RS. 18,000/
*1 MONTH VALIDITY

NUTRITION









READY MADE MEAL OPTIONS





SILVER RS. 6,000/-

NUTRITION PLAN

GOLD

RS. 12,000/-

NUTRITION PLAN WHATSAPP SUPPORT **PLATINUM**

RS. 64,000/-

NUTRITION PLAN WHATSAPP SUPPORT 20 COOKED MEALS

HEALTHY CAFE MEALS

12 MEALS RS. 38,000/- 16 MEALS RS. 50,000/- 20 MEALS RS. 62,000/-

VOSTRO FITNESS ACADEMY BECOME A CERTIFIED FITNESS TRAINER (CFT)







FITNESS INDUSTRY CAREER

■ INTERNSHIP INCLUDED

🙉 CAREER SUPPORT

LEVEL 1 & 2 RS. 70,000/- LEVEL 3 \$ 1000

SENIOR CITIZENS OFFER

AGE GROUP - 60 & ABOVE

Access to facilities, i.e., Steam rooms and Saunas

Group based classes

✓ Manage pain

Boost self-esteem

Reduce risks of heart disease, stroke and some cancers

Reduce stress and anxiety

FREE REGISTRATION

MONTHLY FEE | RS. 12,000 + TAX

FREE ON-FLOOR TRAINING AND CLASSES

CLASS TIMINGS

7:30 AM - 8:00 AM

10:30 AM - 11:00 AM

WORKOUT PROGRAMS

✓ STRENGTH





STRETCHING



BALANCE

STUDENT PACKAGE

MEMBERSHIP FEE - 50% OFF - RS. 18,000/-

MONTHLY RS. 15,000/- QUARTERLY RS. 40,000/- 6 MONTHS RS. 72,000/- ANNUAL RS. 120,000/-

TERMS & CONDITIONS

- 1. Age range of students is between 14 to 23 years of age.
- 2. Once age passes 22, member will be shifted to normal prevailing rates.
- 3. It only applies to new members.
- 4. Proof of age will be required (e.g., CNIC, Passport or B-Form).
- 5. Cannot be used in conjunction with any other offers running.
- 6. No further group discounts will be available.
- 7. Prices are subject to GST and other applicable taxes.

GOLD MEMBERSHIP LIFE TIME

INDIVIDUAL RS. 100,000/-

MONTHLY SUBSCRIPTION RS. 20,000/- COUPLE RS. 150,000/-

MONTHLY SUBSCRIPTION RS. 30,000/-

BENEFITS

ACCESS TO ALL VOSTRO HEALTH CLUBS
DISCOUNTS ON ALL SERVICES & PRODUCTS
PRIORITY ACCESS TO ALL FACILITIES
USAGE OF OTHER CLUBS IN MAJOR CITIES
DISCOUNTS ON SUPPLEMENT STORES
DISOUNTS AT TRAVEL AGENCIES
DICOUNTS IN LEADING PHARMACIES

DEDICATED PERSONAL TRAINERS
GUEST PASSES FOR FRIENDS & FAMILY
GIFTS, GYM APPAREL & CLOTHING
LIFE COACHING & WELLNESS SESSIONS
LIVE VIRTUAL TRAINING
TRAINERS & NUTRITONISTS ON CALL
PRIORITY PASS TO ALL EVENTS

COMBO DEALS

STUDIO + MEALS

10% DISCOUNT

GYM + NUTRITION

25% DISCOUNT

GYM + MEALS

10% DISCOUNT

GYM + NUTRITION+ MEALS

35% DISCOUNT

GYM + PERSONAL TRAINING + MEALS

10% DISCOUNT

STUDIO + NUTRITION + MEALS

35% DISCOUNT

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