



RATE LIST CARD 2025

G-13 ISLAMABAD

OUR HEALTH CLUB MEMBERSHIP



Steam, Sauna



Hot Showers



Free weights



Trainers on gym floor



Lockers



Strength



Nutritional Guidelines



Central Heat & Cool



Cardio

MEMBERSHIP FEE

RS. 15,000/-

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

	MONTHLY	QUARTERLY	6 MONTHS	ANNUAL
SUPER	RS. 9,500/-	RS. 25,500/-	RS. 45,000/-	RS. 78,000/-
PLATINUM (with SPA)	RS. 12,500/-	RS. 34,500/-	RS. 63,000/-	RS. 114,000/-

OFF PEAK - MEMBERSHIP FEE

RS. 10,000/-

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

	MONTHLY	QUARTERLY	6 MONTHS	ANNUAL
SUPER	RS. 7,000/-	RS. 19,500/-	RS. 36,000/-	RS. 66,000/-
PLATINUM (with SPA)	RS. 10,000/-	RS. 28,500/-	RS. 54,000/-	RS. 84,000/-

All prices are subject to 5% GST

PERSONAL TRAINING



CERTIFIED TRAINERS



ONE on ONE Training



Full Body Assessments



Nutritional Plans Included

FULL
20 SESSIONS
PER MONTH

SILVER

RS. 35,000/-

GOLD

RS. 47,500/-

PLATINUM

RS. 72,000/-

HALF
12 SESSIONS
PER MONTH

SILVER

RS. 21,500/-

GOLD

RS. 28,500/-

PLATINUM

RS. 43,000/-

SMALL
GROUP
PERSONAL
TRAINING

RS. 15,000/-

All prices are subject to 5% GST

VITALITY STUDIO

- ✓ Customized nutrition plans
- ✓ Fun & effective workout sessions
- ✓ 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

RS. 15,000/- 4 WEEKS

All prices are subject to 5% GST

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

All prices are subject to 5% GST

NUTRITION



NUTRITIONAL CLINIC



CUSTOMISED MEAL PLANS



WHATSAPP SUPPORT



READY MADE MEAL OPTIONS



HOME DELIVERY AVAILABLE



CERTIFIED NUTRITIONISTS

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/-

All prices are subject to 5% GST

VOSTRO FITNESS ACADEMY

BECOME A CERTIFIED FITNESS TRAINER (CFT)



CERTIFIED BY IFA



GET TRAINED BY MASTER TRAINERS



INTERNATIONALLY RECOGNISED



FITNESS INDUSTRY CAREER



INTERNSHIP INCLUDED



CAREER SUPPORT

LEVEL 1 & 2

RS. 70,000/-

LEVEL 3

\$ 1000

All prices are subject to 5% GST

SENIOR CITIZENS OFFER

AGE GROUP — 60 & ABOVE

- ✓ Access to facilities, i.e., Steam rooms and Saunas
- ✓ Manage pain
- ✓ Reduce risks of heart disease, stroke and some cancers
- ✓ Group based classes
- ✓ Boost self-esteem
- ✓ Reduce stress and anxiety

FREE REGISTRATION

MONTHLY FEE | RS. 7,000 + TAX

FREE ON-FLOOR TRAINING AND CLASSES

CLASS TIMINGS

7:30 AM - 8:00 AM

10:30 AM - 11:00 AM

WORKOUT PROGRAMS

- ✓ STRENGTH
- ✓ FLEXIBILITY
- ✓ STRETCHING
- ✓ BALANCE

All prices are subject to 5% GST

STUDENTS & LADIES PACKAGE

MEMBERSHIP FEE -

RS. 10,000/-

	MONTHLY	QUARTERLY	6 MONTHS	ANNUAL
SUPER	RS. 7,000/-	RS. 19,500/-	RS. 36,000/-	RS. 66,000/-
PLATINUM (with SPA)	RS. 10,000/-	RS. 28,500/-	RS. 54,000/-	RS. 84,000/-

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.

All prices are subject to 5% GST

GOLD MEMBERSHIP

LIFE TIME

INDIVIDUAL

RS. 100,000/-

MONTHLY SUBSCRIPTION

RS. 25,000/-

COUPLE

RS. 150,000/-

MONTHLY SUBSCRIPTION

RS. 35,000/-

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
DISCOUNTS AT TRAVEL AGENCIES
DISCOUNTS IN LEADING PHARMACIES

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



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