

Introduction

Hassan Allam is proudly collaborating with Gold's Gym Sheraton branch that will be the first in area with the same success being experienced for years throughout Gold's Gym Branches in Egypt. The gym is equipped with state of the art cardio and strength equipment from top of the line companies. In addition, the gym provides full health and nutrition programs to its members through its Apex nutrition system.

Gold's Gym Sheraton Featuring:

- Convenient hours from 6am – 12 midnight
- Private workout area for women only
- Large co-ed workout floor
- Latest aerobic & workout facility including spinning.
- Daily aerobic classes (step, dance, martial arts, and other popular classes).
- Over 100 pieces of top of the line exercise equipment from USA
- Free weights, full range of dumbbells and barbells
- The latest in cardiovascular equipment, Selector zed equipment and plat loaded equipment
- Cardio-theater: watch news, sport, movie while you workout.
- Private men's Spa (lockers, sauna, Jacuzzi and steam)
- Private women's spa (lockers, sauna, Jacuzzi and steam)
- Supervised nursery for children & infants (6 months or over)
- Personal training – internationally certified trainers – Gold's Gym Academy
- Individualized Nutrition counseling with the renowned Apex System
- Juice Bar featuring weight loss drinks, shakes, pre and post workout performance
- Sports café featuring healthy food
- Pro shop featuring famous Gold's Gym, fitness & logo wear
- Supplements for enhanced performance
- Sports massage.
- Cross fit area

Payment Option and Conditions:

- All Classes including in the Membership, without any extra fees.
- 5 free orientation sessions with one of the certified trainers & Nutrition Doctor
- 2 Weeks Guest Passes (1Day or 3days or1 week maximum).
- 14 visits each branche
- 2 months' freeze
- Annual membership rate will be **7,410 EGP** instead of **12,000 EGP**.
 - The prices include 14% value added tax.
- This offer applies for Hassan Allam Holding and all its subsidiaries.
- Validity of this offer extend to **31/12/2021**.