



**REAL  
FITNESS**

# **CORPORATE & CUSTOMISED PACKAGE**

**BY JO PHYSIQUE PLT**

**Live a healthy lifestyle**

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# 1) INTRODUCTION: THE ONLY OFFICIAL GYM OF NABBA WFF MALAYSIA



**Real Fitness**, near IOI Mall Puchong, is owned by Joash Choo, a fitness model, and a NABBA WFF PRO card holder who understands the industry needs.

**Real Fitness Gym & Fitness club** features a full range of the latest cardio, circuit and weights equipment.

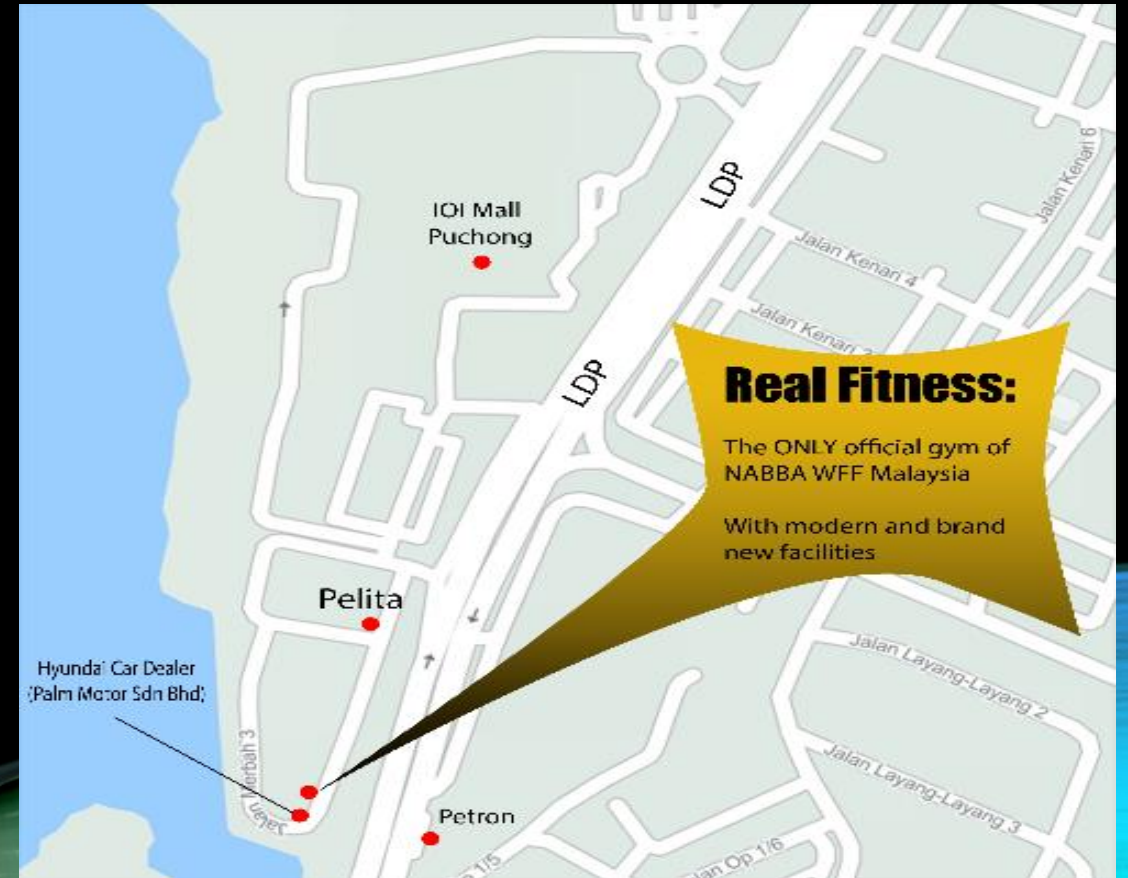
**Real Fitness Studio** caters for different group of dance & fitness classes such as Zumba, Step, Hip Hop, Robotic, Yoga, Core Exercise Solution, etc.

**Real Fitness Class Instructors** are qualified and conduct interesting classes.

**Real Fitness Personal Trainer Team** consists of qualified trainers, some are active in international competitions

**Real Fitness Facilities** offer a conducive environment for more effective workouts and a one stop centre for all your fitness needs.

# 2) Location



# 2A) GYM 1<sup>st</sup> Floor

- # Spacious cardio area
- # Abs training area
- # Various exercise accessories



## 2B) STUDIO

- # 730 square feet
- # Attached changing rooms
- # Equipped with high quality sound system (Mics, speakers & TV)
- # Dance floor rests on vinyl laminate
- # Come with exercise accessories



Jo Physique



01/5/2017



## 2C) GYM – 2<sup>nd</sup> Floor



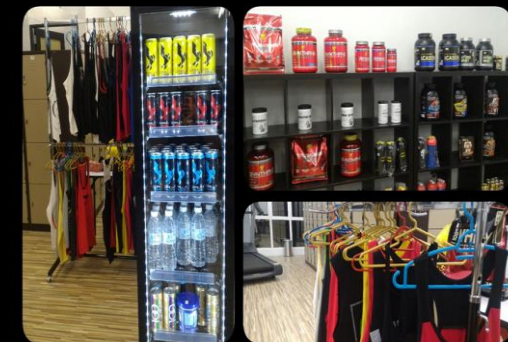
- # Free Weights area (dumbbells up to 60 kg )
- # Newest Cardio and Strength training machines



# 3) FACILITIES






Facilities n Extras include:

- # Ample parking with guard at night
- # Air conditioner and Fan
- # Weekend Free access for 1 buddy
- # Nature/Sunset/Lake View
- # No GST
- # Beverage Drink Chiller
- # Locker
- # Shower and Toilet
- # Supplements & Apparels
- # TV/Video, Sound system
- # Water Dispenser
- # Waiting area





## 4) CLASS INSTRUCTORS

Class Instructors		
Zumba		Johnson Chye
STEP		Giftson
Hip hop/Robotic		Luke
Yoga		Alice Lee
Core Exercise Solutions		Giftson

## 4A) PERSONAL TRAINER TEAM



*Personal  
Trainer*



Joash Choo  
Mohd Azwan Shah  
Giftson Devaraj  
Joseph Lai  
Ms Rykiel Mok  
Ari Wijaya

## 4B) PROFILE OF CHIEF PERSONAL TRAINER

### JOASH CHOO



- # NABBA WFF PRO card holder
- # NABBA WFF Grand Prix 2016 sports model U19 & U24 champion
- # Owner of Real Fitness
- # Fitness model
- # Men's health magazine cover guy top 10 for 2016
- # Gym Specialist Sponsored Athlete



## **5) CORP PACKAGE 1- SPORTS DAY/FAMILY DAY**

### **(i) Rental of Studio OR**

Our dance centre can easily be configured for everything from small parties to events for up to 20 people (auditions, rehearsals, birthdays, workshops, etc.) We cater to Community groups, Arts & Schools, etc

### **(ii) Rental of Gym OR**

### **(iii) Rental of Studio & Gym**

### **PLUS Option: Add on with**

- a) Class instructor for Group Exercise/Dance Classes**
- b) Personal Trainer (Group of 3)**

**# Rental for Staff Day, Sports Day, Sports Club Outing, Birthday Party  
on weekends & Public Holidays**

**# Food Catering and transportation can be arranged**



# 5A) CORP PACKAGE 1-COSTING



	Staff	1-10		11-20		21-30		31-40	
	Package -Day	Half	Full	Half	Full	Half	Full	Half	Full
<u>Options- Rental of:</u>		RM							
i) Studio		179	309	219	379	249	429	289	499
ii) Gym		189	339	359	609	509	809	639	959
iii) Studio n Gym		299	519	459	789	609	989	739	1,169
<u>Add-ons</u>									
a) Instructors - Group Classes	2 classes/full day	149	269	229	369	239	339	259	309
b) Instructors - Group PT	2 hr/full day	179	299	209	359	249	419	289	489

Note:

Half day = 4 hours, Full day = 8 hours

# 5B) CORP PACKAGE 2 - CORP GYM MEMBERSHIP



1 year membership							
Staff	10	20	40	60	80	100	120
Per member (RM)	849	799	749	699	649	599	549
Discounts	20%	25%	29%	34%	39%	43%	48%
Total (RM)	8,490	15,980	29,960	41,940	51,920	59,900	65,880

Standard yearly package	RM
Membership	979
Registration Fee	80
Total	1059

# Membership is transferable to new staff  
 # No registration fee

# 5C) CORP PACKAGE 3 - STUDIO RENTAL



Rental by hours									
Rate by Hour	Hour	1	2	3	4	5	6	7	8
	RM	49	89	129	169	199	219	239	259
Rental by Month for 1 hour weekly									
Rate by Month	Month	1	2	3	4	5	6	7	8
	Hour	4	8	12	16	20	24	28	32
	RM	179	319	479	639	809	969	1,129	1,289

# 6) STUDENT PACKAGE (1 hour duration)



Student Number	10	20	30	40	50	60
<b>Basic- Rental of:</b>						
i) Studio	45	79	119	149	189	209
ii) Gym	49	89	129	169	209	229
iii) Studio n Gym	75	139	195	249	309	349
<b>Add-ons</b>						
a) Instructors - Group Fitness Classes	37	59	89	109	119	139
b) Instructors - Group Dance Classes	49	79	119	149	159	189
c) Instructors - Group Personal Training	45	69	109	129	139	169

- # Dance & Fitness Classes (Total duration one hour) will be conducted for interested students
- # Group Personal Training will be held at exercise and cardio area.
- # Other students will be guided by trainer on cardio machines, free weights, etc in teachers' presence
- # Long term package & transportation can be arranged.
- # Entrance is free for teachers.



# 7) CUSTOMISED PROGRAMME



**WEIGHT LOSS**

**WEIGHT GAIN**

**CUSTOMISED TRAINING**

**COMPETITION PREP**

**NUTRITION PLAN**








**SPECIAL DIET**

# Custom-designed fitness and nutrition program based on the results of individual body mass index profile.

# A weekly diet program can be designed to suit your needs and lifestyle. 12 Week Body Transformation.

# 8) CURRENT PACKAGE



REAL FITNESS										1 May 2017			
Package / Month							Grp of 2	Grp of 3	Reg Fee	Remark			
		1	3	6	12	24	12	12					
1) Time Package		89	219	389	699	1,329	669	629	60	Leaving gym before 6pm from Mon to Fri except for studio classes			
2) Opening Promo Package		NO PROMO							80	Free half month membership & 2 sessions of Personal Training			
1st 30 members									769		1,439		
Next 30 members									849		1,569		
Next 20 members					899	1,699		80					
3) Standard Package		119	299	499	979	1,899	939	889	80				
4) Walk in		Studio Class / Students / Senior Citizen							10	Walk in Access Card (RM10) : 1 free gift for 10 entries/ No contract			
		Others (leaving gym before 6pm Monday to Friday)							10				
		Others (leaving gym after 6pm Monday to Friday)							13				
5) Personal Training		Pax	Session	1	5	10	20	30	60	Be a member or walk in,			
		1	RM	119	489	899	1,599	2,199	3,999				
		2	RM	89	369	679	1,199	1,649	2,999				
6) Studio Classes		Zumba, Hip Hop, Yoga, Robotic, cXs, Step							Free trial class, Free for member or walk in,				

# Opening hour: Mon-Sat 7.00am - 11.30pm, Sun 8am-10pm. Closed on public holidays

# 9) CURRENT CLASSES



REAL FITNESS CLASSES		012-6850611				
Time/Day	Mon	Tue	Wed	Thurs	Fri	
PM	7.00-8.00				hatha yoga Alice	
	8.15-9.15				 Johnson: effective 7th July 2017	
	8.30-9.30		 Giftson	 Johnson	 Giftson	
	8.45-9.45	 Luke				

# 10) ENQUIRY & PAYMENT



**Email: [enquiry@jophysique.com](mailto:enquiry@jophysique.com)**

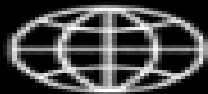
**50% deposit upon confirmation**

**CIMB bank a/c : 8008366262.**

**Under the name of "Jo Physique Plt"**



**+6012-6850611**



**[jophysique.com](http://jophysique.com)**



**RealFitnessClub1**



**THANK YOU**