

SUPERSTAR

WEIGHT LOSS TRAINING

NUMBER OF TRAINING DAYS : **5 DAYS**

GYM	2 DAYS
PILATES	1 DAY
PHYSIO/REHAB	ONCE A MONTH
GROUP CLASS	1 DAY
SWIMMING	1 DAY

DIET PLAN IS INCLUDED

DURATION : **1 MONTH**

PACKAGE : PKR **40,000/-**

BRINGING TEEN BACK

FEMALE TRANSFORMATION PROGRAM

NUMBER OF TRAINING DAYS : **6 DAYS**

GYM	1 DAY
PILATES	2 DAYS
PHYSIO/REHAB	1 DAY
GROUP CLASS	1 DAY
SWIMMING	1 DAY

DIET PLAN IS INCLUDED

DURATION : **3 MONTHS**

PACKAGE : PKR **70,000/-**

MOM STRONG

PRE & POST NATAL EXERCISE PROGRAM

NUMBER OF TRAINING DAYS : **3 DAYS**

PHYSIO/REHAB	1 DAY
GROUP CLASS	1 DAY
HYDRO THERAPY	1 DAY

DIET PLAN IS INCLUDED

DURATION : **3 MONTHS**

PACKAGE : PKR **30,000/-**

POWER UP SENIORS

PROGRAM FOR 50+ ELDERS WITH ANY UNDERLAYING MEDICAL CONDITION

NUMBER OF TRAINING DAYS : **5 DAYS**

PHYSIO/REHAB	3 DAYS
HYDRO THERAPY	2 DAY

DURATION : **3 MONTHS**

PACKAGE : PKR **90,000/-**

HEALTHY HYDRO

WEIGHT LOSS TRAINING FOR OBESITY PATIENTS WITH LOW BONE MINERAL DENSITY

NUMBER OF TRAINING DAYS : **5 DAYS**

HYDRO THERAPY	5 DAYS
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DURATION : **1 MONTH**

PACKAGE : PKR **45,000/-**

FIND YOUR FIT

FRIENDLY FITNESS

BEGINNERS PROGRAM

NUMBER OF TRAINING DAYS : **5 DAYS**

PHYSIO/REHAB	1 DAY
GROUP CLASS	2 DAYS
SWIMMING	1 DAY
HYDRO THERAPY	1 DAY

DURATION : **1 MONTH**

PACKAGE : PKR **30,000/-**

RAISE THE BAR

INTERMEDIATE PROGRAM

NUMBER OF TRAINING DAYS : **5 DAYS**

GYM	2 DAYS
PHYSIO/REHAB	TWICE A MONTH
GROUP CLASS	2 DAYS
SWIMMING	1 DAY

DURATION : **1 MONTH**

PACKAGE : PKR **30,000/-**

FIT TO FITTER

ADVANCE LEVEL

NUMBER OF TRAINING DAYS : **5 DAYS**

GYM	2 DAYS
PILATES	1 DAY
PHYSIO/REHAB	ONCE A MONTH
GROUP CLASS	1 DAY
SWIMMING	1 DAY

DIET PLAN IS INCLUDED

DURATION : **1 MONTH**

PACKAGE : PKR **30,000/-**

PRO HOUR

CUSTOMIZED PLAN

NUMBER OF TRAINING DAYS : **5 DAYS**

DURATION : **1 MONTH**

PACKAGE : PKR **45,000/-**



bahria active
YOUR ACTIVE LIFESTYLE DESTINATION



PROGRAMS



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POWER RANGERS

STRENGTH TRAINING

NUMBER OF TRAINING DAYS : **5 DAYS**

GYM	4 DAYS
SWIMMING	1 DAY

DURATION : **1 MONTH**

PACKAGE : **PKR 40,000/-**

WEDDING SHREDDING

SHREDDING FOR WEDDING

(FEMALE)

NUMBER OF TRAINING DAYS : **5 DAYS**

PILATES	2 DAYS
PHYSIO/REHAB	ONCE A MONTH
GROUP CLASS	1 DAY
SWIMMING	2 DAYS

DIET PLAN IS INCLUDED

DURATION : **1 MONTH**

PACKAGE : **PKR 35,000/-**

(MALE)

NUMBER OF TRAINING DAYS : **5 DAYS**

GYM	2 DAYS
PHYSIO/REHAB	ONCE A MONTH
GROUP CLASS	1 DAY
SWIMMING	2 DAY

DIET PLAN IS INCLUDED

DURATION : **1 MONTH**

PACKAGE : **PKR 35,000/-**

HEALTHY HYDRO

WEIGHT LOSS TRAINING FOR OBESITY PATIENTS WITH
LOW BONE MINERAL DENSITY

NUMBER OF TRAINING DAYS : **3 DAYS**

HYDRO THERAPY	3 DAYS
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DURATION : **1 MONTH**

PACKAGE : **PKR 30,000/-**

ACTIVE KIDS

KIDS TRAINING PROGRAM

NUMBER OF TRAINING DAYS : **5 DAYS**

GROUP CLASSES	2 DAYS
SWIMMING	3 DAYS

DURATION : **1 MONTH**

PACKAGE : **PKR 35,000/-**

HAPPY KIDS

KIDS TRAINING PROGRAM

NUMBER OF TRAINING DAYS : **3 DAYS**

PHYSIO/REHAB	2 DAYS
HYDRO THERAPY	1 DAY

DURATION : **1 MONTH**

PACKAGE : **PKR 30,000/-**

*PROGRAMS AND RATES ARE SUBJECT TO CHANGE



SCAN ME
TO BECOME A MEMBER

051-5911111

BAHRIAACTIVE_BT

BAHRIA ACTIVE

0331-2777846

BAHRIA HEIGHTS 1 EXTENSION, CLUB BUILDING,
PHASE 1 BAHRIA TOWN, RAWALPINDI

HTTPS://BAHRIAACTIVE.COM/

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bahria active

YOUR ACTIVE LIFESTYLE DESTINATION

SERVICES

- TOP CLASS GYM
- INDOOR SWIMMING POOL WITH CONTROLLED WATER TEMPERATURE
- CAFETERIA
- PILATES
- GX STUDIO
- A RELAXING SAUNA AND STEAM
- PHYSIO & REHAB THERAPY
- HYDRO THERAPY

FITNESS PROGRAMS

- WEIGHT LOSS TRAINING
- STRENGTH TRAINING
- KIDS TRAINING PROGRAMS
- PRE & POST NATAL EXERCISE PROGRAM

BAHRIA HEIGHTS 1 EXTENSION CLUB BUILDING PHASE 1 BAHRIA TOWN RAWALPINDI

051 5911111



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YOUR ACTIVE LIFESTYLE DESTINATION

PACKAGES

INDIVIDUAL

MEMBERSHIP FEE

25,000/-

QUARTERLY FEE

60,000/-

SEMI ANNUAL FEE

95,000/-

ANNUAL FEE

135,000/-

*THIS PACKAGE INCLUDES GYM+ POOL+STEAM AND SAUNA.

FAMILY / GROUP (4 PERSONS)

MEMBERSHIP FEE

50,000/-

QUARTERLY FEE

160,000/-

SEMI ANNUAL FEE

255,000/-

ANNUAL FEE

385,000/-

*THIS DEAL INCLUDES GYM + POOL + STEAM & SAUNA AND
1 KID BELOW 5 YEARS GETS KID POOL FOR FREE

COUPLE / PARTNER / FRIENDS

MEMBERSHIP FEE

40,000/-

QUARTERLY FEE

100,000/-

SEMI ANNUAL FEE

160,000/-

ANNUAL FEE

240,000/-

*THIS PACKAGE INCLUDES GYM+ POOL+STEAM AND SAUNA.

LIFETIME (1 PERSON)

MONTHLY SUBSCRIPTION

5,000/-

MEMBERSHIP FEE

1,500,000/-

20% OFF

ON PERSONAL TRAINING/PROGRAMS

15% OFF

REHAB SERVICES

10% OFF

ON CAFE

1 DIET PLAN QUARTERLY

*THIS DEAL INCLUDES GYM + POOL + STEAM & SAUNA AND
1 KID BELOW 5 YEARS GETS KID POOL FOR FREE



Kickoff Your Passion For Football



Football Field Charges

For Members

Before 5:00PM

Rs. **4,000/-** Per Hour

After 5:00PM

Rs. **6,000/-** Per Hour

For Non-Members

Before 5:00PM

Rs. **8,000/-** Per Hour

After 5:00PM

Rs. **10,000/-** Per Hour

FUTSAL FIELD CHARGES

7:00 AM TO 12:00 AM

FOR MEMBERS

BEFORE 5 PM

RS.4,000/- PER HOUR

AFTER 5 PM

RS.6,000/- PER HOUR

FOR NON-MEMBERS

BEFORE 5 PM

RS.8,000/- PER HOUR

AFTER 5 PM

RS.10,000/- PER HOUR



FUTSAL PROFESSIONAL TRAINING PACKAGES

MONTHLY PACKAGE 01

MONDAY TO THURSDAY

FEE

10,000
(FOR MEMBERS)

12,000
(FOR NON-MEMBERS)

MONTHLY PACKAGE 02

FRIDAY TO SUNDAY

FEE

8,000
(FOR MEMBERS)

10,000
(FOR NON-MEMBERS)

TIMINGS

5-10 YEARS

10-14 YEARS

14+ YEARS

4 TO 5 PM

5 TO 6 PM

6 TO 7 PM

PERSONAL TRAINING PACKAGE

DAYS

WEEKDAYS (MONDAY – THURSDAY)

WEEKENDS (FRIDAY – SUNDAY)

CHARGES

RS.25,000

RS.20,000

(SESSIONS ARE CONDUCTED BY PROFESSIONAL FOOTBALL COACHES)



PHYSIO & REHAB CHARGES

DURATION	CHARGES (PKR)
PER DAY	3,000/-
3 DAYS	8,000/-
10 DAYS	25,000/-
20 DAYS	40,000/-
3 MONTHS	90,000/-

