

Dear prospective iCHANGER,

28 days to create a permanent and lasting change in your life, your body and your well-being. Feel better, look better and perform better with the program that focuses on long term goals and continuity.

Get out of the unhealthy cycle of weight gain and weight loss and step out into your new, active and healthy life.

Fun, challenging yet sustainable. Your CARE TEAM will assist you in a small group environment to ensure you achieve your goals with quality guidance and safety.

What is the iCHANGE Program?

A 28-DAY LIFE CHANGING TRAINING PROGRAM. Be inspired to make the changes so that you will never have to worry about the scales again.

You will be asked to

- complete minimum 5 training sessions per week with our trainers
- You will choose your time slots 8.30 am, 5.30 pm, 6.30 pm, 7.30 pm (Sunday to Saturday)
- Sports testing at start and end of program, weigh-ins and nutritional and training support from experts
- Engage in daily challenges to keep you on track

For Whom?

- Anyone who wants to change their life and engage in a healthy, active lifestyle.
- Anyone who wants a true 28-day fitness challenge to take their performance to the next level
- Anyone who wants to achieve and work towards a healthy and sustainable lifestyle, achieving their ideal weight and shape.

When?

Start week of Sunday 15th January 2016 - Finish Saturday 4th February 2016.

Participants to do either the morning or the evening sessions! You select the best time slots for your convenience.

What classes are you filling up the #28DayChange Program with?

You will be asked to choose mainly Yellow (strength and conditioning training) and Blue (cardio training) classes for your workout sessions. This can be complimented with a few green sessions. When you register, you will have expert trainers help to select the perfect combination of classes for you.

Please see the attached iCHANGE timetable.

How much?

- 500 AED for valid annual membership holder
- 800 AED for valid 3 month membership holder
- 1200 AED for non-member

What is included in the price?

- Your training sessions for NEW iCHANGE Program
- Free access to other classes during program duration (more than 60 regular classes for you if you want to do more)
- Nutritional advice and program by nutrition experts
- Session-by-session calorie tracking (for polar belt users) and reporting
- Advanced Testing to see how you are doing with iCHANGE Program:
 1. Aerobic endurance – Cooper test
 2. Body Composition- Weight, circumferences
 3. Strength Endurance - 1min PU and 1 min OBW Squats
 4. Core strength - Plank

What are your gifts?

- 100 AED Discount on polar belt (regular price is 340 - you get your belt for 240 AED).
- 600 AED Voucher on annual membership (validity 15 days after completion of program - not combined with other promotions).
- Exclusively designed "Finisher" program T-Shirt upon completion of the program
- THE CYCLING ROOM water bottle

How to register?

THE ROOM Abu Dhabi (Zayed Sports City, International Tennis Center, Abu Dhabi)

Email to info@theroom.ae

Call 02 444 4945

Visit us on

THE ROOM Abu Dhabi