



The pioneers of Pilates

ARE BRINGING
GUJARAT'S **1st** EMS
(Electro Muscle Stimulation) Workout

**SCULPT & SHAPE
AT EASE.**



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AT EASE.**

WHAT IS EMS TRAINING?

- EMS Stands For Electric Muscle Stimulation
- Contracts Our Muscles Via Normal Electric Impulses
- Delivers A Full Body Workout In Just 20 Minutes
- Visible Results In Nearly 4 Sessions
- Reduces Body Fat/weight
- Highly Efficient
- Achieve Desirable Body Shape
- Improves Muscle Strength



BENEFITS OF EMS

EMS offers **100% proven results** over the session of **20 minutes**.

There are several benefits of EMS:

- Relieves Back Pain
- Inch Loss & Toning
- Reduction in Body Fat
- Reduction in Cellulite
- Increase in overall Metabolism
- Slows Down Ageing Process



EXCLUSIVE EMS MEMBERSHIPS

PER SESSION COST ₹3,000/-

for 20 minutes (Inaugural Discount ₹2,500/-)

4 Sessions

₹9,000/-

(Sessions Expire Within 1 month)

₹2000/- Extra for Sportswear

8 Sessions

₹16,000/-

(Sessions Expire Within 2 months)

₹2000/- Extra for Sportswear

12 Sessions

₹22,000/-

(Sessions Expire Within 3 months)

*Sportswear Complimentary

Please Note: Each session lasts for 20 minutes only.
The frequency of sessions can be discussed.

Rate Inclusive Of Taxes - Service Charge Extra On Credit Card Payment

Book Your 12 Minutes Trial Today!





FOR BOOKINGS

Call: +91 9099433422 | +91 9978999181

The Pioneers Of Pilates

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