

YOUR PERSONAL FITNESS *JOURNEY BEGINS*



Pavel is a certified Personal Trainer with years of experience in helping clients achieve their fitness goals. He specializes in weight loss, muscle gain, strength training, cardiovascular training, sports-specific training, and more. Pavel's training philosophy is centered around health and proper movement to avoid injuries and enhance daily life activities.

PERSONAL TRAINING PACKAGES

INDIVIDUAL PACKAGES

1 SESSION - AED 300

5 SESSIONS - AED 1500

• INCLUDES 2 FREE SESSIONS

10 SESSIONS - AED 3000

• INCLUDES 2 FREE SESSIONS,
CONSULTATION AND MEAL PLAN

16 SESSIONS - AED 4800

• INCLUDES 2 FREE SESSIONS,
CONSULTATION AND MEAL
PLAN BY BLOOD & HORMONE TEST

20 SESSIONS - AED 6000

• INCLUDES CONSULTATION, MEAL PLAN BY BLOOD
& HORMONE TEST, POOL & BEACH ACCESS

COUPLES' PACKAGES

1 SESSION - AED 450

5 SESSIONS - AED 2250

• INCLUDES 2 FREE SESSIONS

10 SESSIONS - AED 4500

• INCLUDES 2 FREE SESSIONS,
CONSULTATION AND MEAL PLAN

16 SESSIONS - AED 7200

• INCLUDES 2 FREE SESSIONS,
CONSULTATION AND MEAL
PLAN BY BLOOD & HORMONE TEST

20 SESSIONS - AED 9000

• INCLUDES CONSULTATION, MEAL PLAN BY BLOOD
& HORMONE TEST, POOL & BEACH ACCESS

BOOK YOUR SESSION TODAY!

📞 Call 04 8145023/58 ✉️ jafitness@jaresorts.com 📱 [JA sports dxb](#)

Terms & Conditions: All sessions must be completed within 30 days of purchase | Clients are responsible for obtaining their own blood and hormone test | Other terms & conditions apply.