

Medical Fitness Centre

Personal Trainer Sessions

With a personal trainer in Zoya, you will identify your fitness goals and create a plan of action to help achieve those goals with expert guidance.

	Min	Price
Personal Trainer Session	60	350
Anti-Gravity Treadmill	45	350
PT Bootcamp Session	45	350
PT Aqua Gym Training	45	350

Medical Training Therapy (MTT)

It improves the functional resilience and the quality of muscle, tendons, joints and bones. Also, aims to improve the athlete's performance and even helps to avoid injuries.

- ST Cardiovascular Training
 - ST Medical Muscle Training
 - ST Spine Gymnastics
 - ST Back Optimization
- 45 mins | AED 350 / session



Group Therapy

- GT Cardio
- GT Relaxation
- GT Bootcamp

45 mins | AED 200 / session

*prices are inclusive of taxes

Yoga

Vinyasa Yoga offers strength, flexibility, concentration, breath work, and often some form of meditation, which makes it a great starting point for beginners

60 mins | AED 450

Meditation / Sound Healing

Meditation is the habitual process of training your mind to focus and redirect your thoughts. It helps lowering blood pressure, reducing chronic pain, lowering heart rates, and protecting the brain from damage caused by stress.

60 mins | AED 600

Breathworks 45 mins | AED 300

Holotropic Breathwork

A non-ordinary level of consciousness to help with emotional healing and personal growth.

Rebirthing Breathwork

A technique works to get to know yourself better to help with any issue, from depression to relationship difficulties.

Biodynamic Breathwork

A unique approach and a powerful healing modality, it combines breath, conscious movement, and energy and body work to assist you in releasing blockages and trauma stored in your system.

Aqua Breathwork



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