



Fitness *Memberships*

Packages Inclusions:

Performance Welcome Pack

Consultation 60min

Wellbeing Assessment 30min

Nutrition Consultation 20min

Monthly Program Reassessment

Access to Talise Fitness and Group Class

Access to Talise Thermal Sanctuary and Tranquility Lounge

Access to the Indoor Pool and Jacuzzi

Individual Locker at Talise Fitness

Restorative *Equilibrium*

Rebalance your Hormones

46000 AED

Experience the transformative effects of balanced hormones as you engage in restorative practices including mindfulness yoga and nutrition. Feel empowered to take control of your health and well-being, enhancing your mood, energy levels, and overall quality of life. Rediscover a sense of harmony within your body and mind.

Restorative *Equilibrium*

Phase I: Foundation & Balance

Focus

Establishing a foundation, promoting hormonal balance, and increasing body awareness.

Fitness Focus

8x Harmony Yoga Sessions 45min + Relaxing Breathwork 15 minutes
2x Harmony Yoga Session 45min + 30min Sound Healing
4x Mat Foundation Pilates Session 45min

Recovery Support

2x Satori Bed
2x MLX IDome Triple Detox

Intentional Wellness

1x The Biome Facial 90min
1x The Cleansing Ritual 90min
1x The restful Ritual – Full Body Lymphatic Support 90min

10 yoga | 4 Pilates | 4 Recoveries | 3 IW

Phase II: Strengthen & Detoxify

Focus

Building strength, deepening detoxification, and enhancing energy levels.

Fitness Focus

4x Hatha Yoga Sessions 45min + Relaxing Breathwork 15min
2x Hatha Yoga Sessions 45min + 30min Sound Healing
8x Pilates Sculp & Tone Sessions 45min

Recovery Support

1x MLX IDome Triple Detox
1x Cryotherapy
2x Satori Bed

Intentional Wellness

1x Essential Skin care beauty ceremony 90min
1x The Balancing Ritual 90min
1x The restful Ritual – Full Body Lymphatic Support 90min

6 yoga | 8 Pilates | 4 Recoveries | 3 IW

Phase III: Lean & Tone Transition

Focus

Shifting into fitness-focused lean and tone program with ongoing holistic support.

Fitness Focus

4x Power Yoga Sessions 45min + Breathwork 15min
10x Dynamic Pilates Session 45min

Recovery Support

2x MLX IDome Triple Detox
2x Cryotherapy
1x Satori Bed

Intentional Wellness

1x Cryo Firm 90 min
1x The Wandering –Vagus nerve support 120min
1x The restful Ritual – Full Body Lymphatic Support 90min

4 yoga | 10 Pilates | 5 Recoveries | 3 IW



Lean & Tone

Weight loss program

42500 AED

Achieve your fitness goals with our Lean & Tone weight loss program. Designed to help you shed excess weight while building a sculpted physique. You will experience a carefully blended program of strength training, cardio, and nutritional guidance, tailored to your unique needs. Our expert coaches will provide personalized support, helping you adopt habits that promote long-term success.

Lean & Tone

Phase I: Foundation & Strength Basics

Focus

Laying the groundwork with core strength, flexibility, and initial weight loss strategies.

Fitness Focus

- 6x Sculp & Tone Pilates 60min
- 2x Kickboxing 60min
- 2x Personal Training 60min

Recovery Support

- 2x Cryotherapy
- 2x MLX IDome Triple Detox
- 2x Manual Stretching

Intentional Wellness

- 1x Sleep Ritual 90min
- 1x Swiss Silhouette 90min

6 Pilates | 2 Kickboxing | 2 PT | 6 Recoveries | 2 IW

Phase II: Intermediate Strength & Cardio Development

Focus

Increasing intensity with structured strength training and cardio-based exercise

Fitness Focus

- 3x Dynamic Pilates 60min
- 4x Kickboxing 60min
- 4x Personal Training 60min

Recovery Support

- 3x Cryotherapy
- 2x MLX IDome Triple Detox
- 1x Manual Stretching

Intentional Wellness

- Le Grand Soin Au Collagen Pur 105min
- 1x Cryo Tone 90min

3 Pilates | 4 Kickboxing | 4 PT | 6 Recoveries | 2 IW

Phase III: Advance Strength Training & Performance

Focus

Shifting to a strength-focused routine incorporating advanced training techniques.

Fitness Focus

- 1x Dynamic Pilates 60min
- 3x Kickboxing 60min
- 11x Personal Training 60min

Recovery Support

- 2x Cryotherapy
- 1x MLX IDome Triple Detox
- 1x Manual Stretching

Intentional Wellness

- 1x The Cleansing Ritual 90min
- 1x Cryo Shape 90min

1 Pilates | 3 Kickboxing | 11 PT | 4 Recoveries | 2 IW



Ultimate *Strength*

Feel Energized and Strong

48000 AED

This program focuses on the fundamental components of fitness that will make you feel stronger and energized. We have designed the ultimate Strength, Flexibility, Muscle endurance and Stamina program to help you build the ultimate you. After these 12 weeks, you will have strong muscular foundation that allows your body to move freely. Run, jump, climb at your comfort pace.

Ultimate *Strength*

Phase I: Foundation

Focus

Build consistency, develop strength, and enhance recovery.

Fitness Focus

4x Sculpt & Tone Pilates 60min

4x Flexibility Yoga 45mins + Core Breathwork 15min

8x Personal Training 60min

Recovery Support

2x Cryotherapy

2x Manual Stretching

1x Hyperbaric Oxygen Therapy

Intentional Wellness

1x The Wandering – Vagus Nerve Support 120min

1x The restful Ritual – Full Body Lymphatic Support 90min

4 Pilates | 4 Yoga | 8 PT | 5 Recoveries | 2 IW

Phase II: Strength & Endurance

Focus

Strengthen muscle groups and improve stamina.

Introduction of endurance elements.

Fitness Focus

2x Dynamic Pilates 60min

2x Flexibility Yoga 45min + Core Breathwork 15min

10x Personal Training 60min

Recovery Support

2x Cryotherapy

1x Manual Stretching

1x Hyperbaric Oxygen Therapy

Intentional Wellness

1x The Grounding Ritual

2x The restful Ritual – Full Body Lymphatic Support 90min

2 Pilates | 2 Yoga | 10 PT | 4 Recoveries | 3 IW

Phase III: Peak Performance & High Intensity

Focus

Advanced strength, stamina, and flexibility. Transitioning

into peak physical performance.

Fitness Focus

2x Dynamic Pilates 60min

2x Flexibility Yoga 45min + Mental Clarity Breathwork

12x Personal Training 60min

Recovery Support

4x Cryotherapy

2x Hyperbaric Oxygen Therapy

1x Manual Stretching

Intentional Wellness

1x The Swiss Silhouette 90 min

1x Muscle Recovery 90 min

1x The restful Ritual – Full Body Lymphatic Support 90min

2 Pilates | 2 Yoga | 12 PT | 7 Recoveries | 3 IW



Peak *Performance*

Enhance your performance

72500 AED

Unlock your athletic potential with our Peak Performance program, designed to elevate your skills and performance in your chosen sport. For Football Players, Golfers, Race Car Drivers, Horse Riders, Runners, Swimmers, and so on. This tailored program focuses on enhancing strength, speed, agility, and endurance through specialized training techniques.

Peak *Performance*

Phase I: Adaptation

Focus

Build consistency, develop strength and enhance recovery.

Fitness Focus

16x Personal Training Session 60min

Recovery Support

4x Cryotherapy
2x Manual Stretching
12x Hyperbaric Oxygen Therapy
1x MXL IDome Triple Detox

Intentional Wellness

1x Muscle Recovery 90min
1x The Sleep Ritual 90min

16 PT | 19 Recoveries | 2 IW

Phase II: Performance

Focus

Progression to higher intensity and volume, enhancing muscular endurance and cardiovascular performance.

Fitness Focus

16x Personal Training Session 60min

Recovery Support

4x Cryotherapy
2x Manual Stretching
12x Hyperbaric Oxygen Therapy
1x MXL IDome Triple Detox

Intentional Wellness

1x Muscle Recovery 90min
1x Cryo Firm 90min

16 PT | 19 Recoveries | 2 IW

Phase III: Optimization

Focus

Peak performance, maximum recovery, and final refinement

Fitness Focus

16x Personal Training Session 60min

Recovery Support

4x Cryotherapy
2x Manual Stretching
12x Hyperbaric Oxygen Therapy
1x MXL IDome Triple Detox

Intentional Wellness

1x Muscle Recovery 90min
1x The Wandering Vagus Nerve Support 120min

16 PT | 19 Recoveries | 2 IW

Exclusive Fitness Center Membership *Etiquette*

Welcome to our Talise Fitness. To ensure an exceptional experience for all members, we kindly ask that you adhere to the following guidelines:

Class Attendance

Classes are strictly non-transferable to family members or friends.
Reservations are personal and cannot be shared with others.

Monthly Charges

All consumptions, including classes and services, will be automatically deducted at the end of each month.
Please note that charges cannot be carried over to the next month.

Attire Requirements

Proper athletic attire is expected at all times. For your safety and comfort, bare-chested exercise is not permitted.

Respect for Equipment & Team

We ask that you respect the equipment provided and the staff working with you.
Please use the equipment properly and be considerate of others.

Timeliness

To ensure that all guests have a pleasant experience, please arrive on time.
Late arrivals may result in a shortened session so as not to impact the experience of other guests.

Class Cancellations

Cancellation must be made at least 24 hours prior to the scheduled class.
Any cancellations made less than 24 hours in advance will result in an automatic deduction from your account.

Remedy *Suite*

The Remedy Suite is a dedicated space offering a circuit of technology backed treatments to optimize the body's performance.

The circuit will offer 4 distinct services

Cryotherapy Chamber

IDome Far Infra Red

ChromoSpace Therapy

Hyperbaric Oxygen Therapy

Each sequence of the circuit is customized based on your goals. A Series can be purchased independently, and circuits are integrated into your personal training programs.

The goal of the circuits is not just recovery for muscle fatigue but also to enhance your baseline to enable you to elevate your physical fitness levels in conjunction with your personal training program.



Technogym *Equipment*

CARDIO

Cross Personal
Recline Personal
Bike Personal
Climb Artis
Skillrun
Skillrow Skillbike
Technogym Bike

STRENGTH

Chest Press Artis
Shoulder Press Artis
Leg Machine Artis
Leg Curl Artis
Leg Extension Artis
Leg Press Artis
Dual Adjustable Pulley

FREE-WEIGHTS

Power Personal
Personal Bench
Crunch Bench
Lower Back Bench
10 Pairs – Urethane Encased

STRETCHING

Fitness Mat
Skilltools + Storage
Unity Self

T A L I S E

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