





Fitness  
*Memberships*

**Packages Inclusions:**

Performance Welcome Pack

Consultation 60min

Wellbeing Assessment 30min

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



# 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

7x Sculp & Strenght 60min  
3x 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

7 Sculp & Strenght | 3 PT | 6 Recoveries | 2 IW

## Phase II: Intermediate Strength & Cardio Development

### Focus

Increasing intensity with structured strength training and cardio-based exercise

### Fitness Focus

5x Sculp & Strenght 60min  
6x Personal Training 60min

### Recovery Support

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

### Intentional Wellness

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

5 Sculp & Strenght | 6 PT | 6 Recoveries | 2 IW

## Phase III: Advance Strength Training & Performance

### Focus

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

### Fitness Focus

4x Sculp & Strenght 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

4 Sculp & Strenght | 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 Sculp & Strenght 60min  
4x Mobility & Recovery 60 min  
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 Sculp & Strenght | 4 Mobility & Recovery 60 min  
8 PT | 5 Recoveries | 2 IW

## Phase II: Strength & Endurance

### Focus

Strengthen muscle groups and improve stamina.  
Introduction of endurance elements.

### Fitness Focus

2x Sculp & Strenght 60min  
2x Mobility & Recovery 60 min  
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 Sculp & Strenght | 2 Mobility & Recovery 60 min  
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 Sculp & Strenght 60min  
2x Mobility & Recovery 60 min  
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 Sculp & Strenght | 2 Mobility & Recovery 60 min  
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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