

BRG
Shangri-La
 Live in paradise

Club
Shangri-La



ENROLLMENT FEE RS. 500/-.
12.36% GOVT. SERVICE TAX INCLUDED

Package Suggested

CATEGORY	YEARLY

RATES VALID TILL

Gym Timings:

Mon - Sat: 6.00 AM To 9.00 PM.
Sun: 8.00 AM to 1.00 PM

Cheques to be Drawn on
Sarthak Innovation (P) Ltd.

Email: brgclub@brgcreality.com

BRG Shangri-La, Talawali Chanda, Near Laurels School,
Indore - 452010 | Tel.: 81090 95100, 98269 06446

BASIC FACILITIES

Cardio Centre

These training equipments mainly aims at improving & increasing individuals cardiovascular efficiency i.e. your endurance, stamina. We have 11 cardio stations with 5 Treadmills, 3 Crosstrainers, 2 Recumbent Bikes, 1 Upright Bike all From CYBEX U.S.A.



Fitness Assessment & Physiotherapy

Weight loss or weight gain, benefit through our lifestyle management program. With qualified nutritionists to guide you with personalized diets, daily consultation, fat percentage, measurement & free weight maintenance program.

Strength Training

Strength training aims at toning & shaping of muscle. For every muscle group there is a strength training equipment, strength training also improving muscle strength, which contributes to increasing individual basal metabolic rate all from CYBEX U.S.A.



COMPLIMENTARY SERVICES

Free Shower, Temporary Locker, Shower Gel, Ample Parking, Steam.

SUPPLEMENTARY FACILITIES



Nutrition Guidance

A highly qualified dietitian available design your diet chart according to your aim and medical conditions.

Personal Training

To Help you personally achieve your fitness resolution, a choice of highly professional, accredited, fee-based personal trainers for you.

Swimming Pool

Refresh Yourself with a bliss of water in the beautiful swimming pool with separate showers. A different and joyful way to exercise and relax your body.

Transfer Certificate

Your Gym Membership is transferable to a non-member at a nominal transfer fee.



**Vacancy For Dynamic Enthusiastic Fitness Professionals
For the Posts Of Fitness Counselor/ Trainer/ Nutritionist.
Male & Female both Welcomed.**