



HEALTH CLUB

AT GREENPARK SUNDOWNER

VALID UNTIL:
30TH NOV
2025

Workout Schedule

5:00AM - 6:00AM

6:30PM - 7:30PM

Monday

Steps

Floor Aerobics

Tuesday

Hiit

Steps

Wednesday

Floor Aerobics

Circuit Training

Thursday

Steps

Floor Aerobics

Friday

Floor Aerobics

Body Toning & Tummy Trimming

Saturday

Floor - Steps - Aerobics

Monthly Rates:

Gym Only **Kshs. 4,000**

Gym & Swimming **Kshs. 5,000**

Swimming Only **Kshs. 2,000**

Weekdays: 5:00AM - 9:00PM

Weekends: 7:00AM - 7:00PM

Sundays: Gym is Closed



Greenpark Estate, Off Mombasa Road

CALL / WHATSAPP: 0712 401 402