



THE

STUDIO

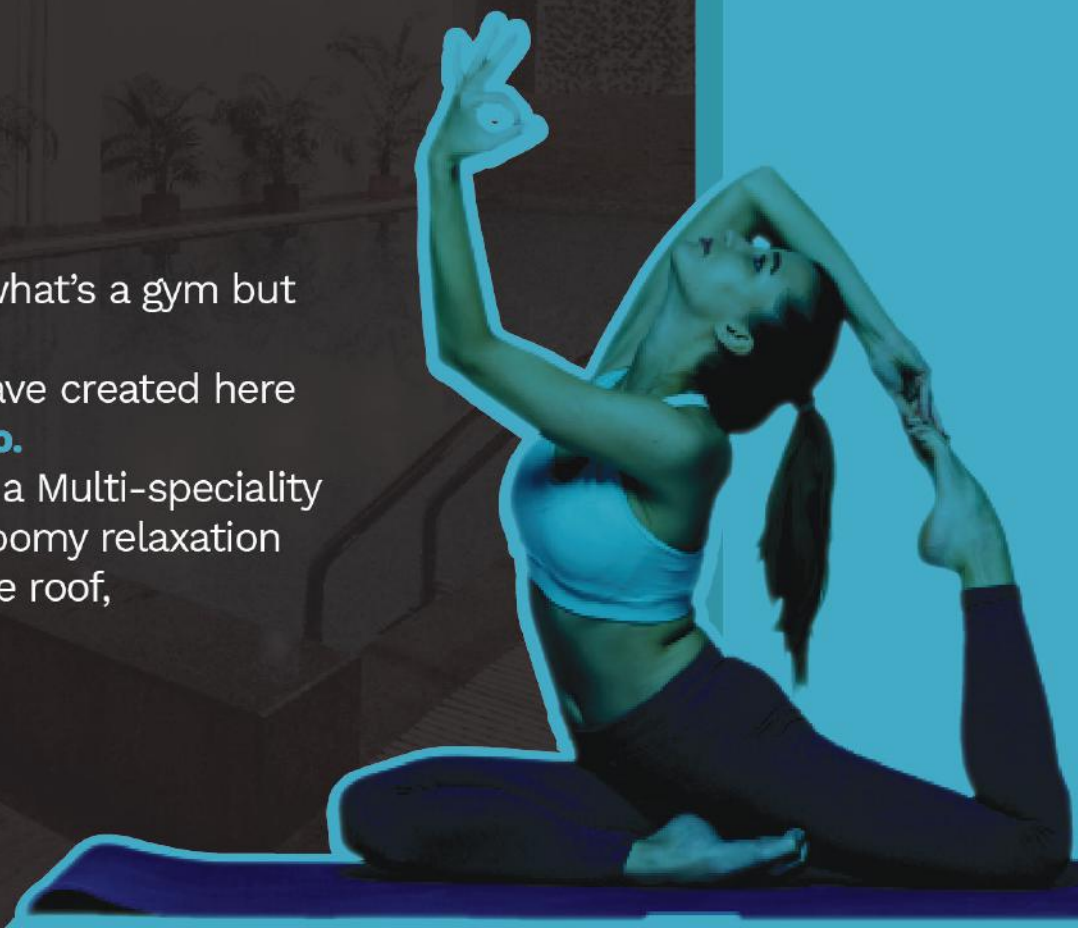
J

THE J STUDIO

Did you ever wonder what's a gym but **better than a Gym ?**

Well that's what we have created here for you at **The J Studio.**

Come and experience a Multi-speciality fitness centre and a roomy relaxation retreat under the same roof, only at The J Studio.



Build a better You with THE J STUDIO

Big things have small beginnings. The one small thing you have to do is to decide on The J Studio as your regular place to workout and stay healthy.



Flexible Workout hours



Steam bath available

Help build a healthier nation
with Nation's best health club.



MEMBERSHIP CHARGES

GYM

S.No.	Membership	Charges
1	Per Month	3000
2	Quaterly	8000
3	Half-yearly	15000
4	Yearly	25000

POOL

Monday, Tuesday, Wednesday(Till 12 Noon), Thursday, Friday

S.No.	Membership	Charges
1	Per Month	3000

2	Quarterly	8000
3	Half-yearly	15000
4	Yearly	25000

Each member must pay to join the pool, including the trainers

GYM + POOL

S.No.	Membership	Charges
1	Per Month	6000
2	Quarterly	15000
3	Half-yearly	25000
4	Yearly	38000

YOGA & AEROBICS/ZUMBA

Rs 2000 monthly
5 Days in a week

GROUP CLASSES

Morning
8:30 - 9:30 AM
Evening
6:00 - 7:00 PM

DAY	
Monday	HIIT
Tuesday	Core
Wednesday	Yoga
Thursday	Aerobics/Zumba
Friday	HIIT
Saturday	Core classes

PHYSIOTHERAPY,
CBC & RANDOM
BLOOD SUGAR TEST
in yearly package

There are no monthly discounts

ABOUT US

What do we do ?

Have you been thinking of setting up a Gym for yourself at home but it isn't happening ? Come train yourself, Body and mind, in a completely homely setup here at The J Studio. Our vision is to create the number one space in Bhilai which merges fitness as well as your relaxation.

Where to find us ?

We are situated at the heart of Nehru Nagar (West) and are easily the most accessible fitness centre around.

Gym Infrastructure

Capacity

Our Strength training area is equipped . We've got flexible timings and no restrictions for no. of working hours a day. So you can say Goodbye to waiting for your turns.

Safety

We whole heartedly encourage Covid appropriate behaviour. Regular Thermal scans are done and we ensure our staff and clients are all vaccinated. Rest assured The J Studio is a safe space like your home, away from home!

Fitness Programmes

The cardio and fitness is equipped with exercise, bikes, treadmills. We also host daily programs like Yoga, Zumba and Meditation.

Weight Loss Coaching

If you think you've put on a little weight during the never ending season of lockdowns and work from home, we've got weight loss counsellors for you at No extra charge. Take that first step towards building a foundation for a healthy mind, body and soul.

Swimming Pool

Casual Swimming Pool

For the more casual swimmers have an additional temperature controlled 25 ft. pool with warmer water and no swimming lanes. It does wonders for your spine.

BENEFITS



Flexible Timings from
6:00 AM to 10:00 PM



Physiotherapy



General Body checkup
(Once a year)



Diet Plan



Steam



Shower



Metabolic Resistance
Training



Free Weight loss
Counsellors



Seperate Steam rooms
for Boys & Girls



Seperate Changing rooms
for Boys & Girls




Regular Sanatization



Free Parking



You can bring your own
Personal Trainer




Street Number 9, Nehru Nagar (W),
Bhilai, Chhattisgarh 490020



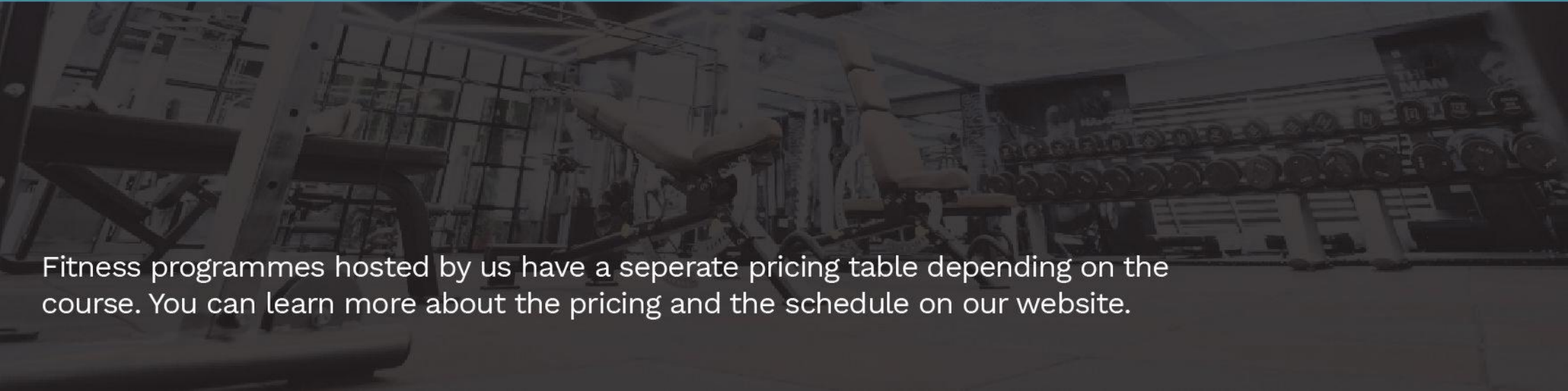
thejstudiobhilai@gmail.com



+91 7880101400



6:00 am to 10:00 pm
(Monday to Saturday)



Fitness programmes hosted by us have a separate pricing table depending on the course. You can learn more about the pricing and the schedule on our website.