

Members Guide

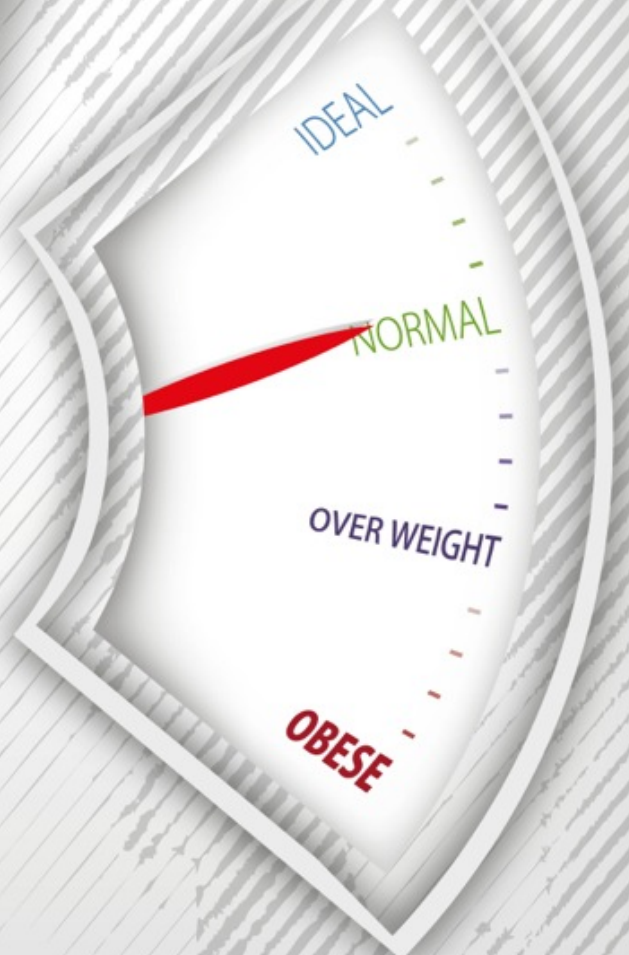
$$BMI = \frac{\text{Weight (kg)}}{\text{Height (m}^2\text{)}}$$

~~Obese~~

~~OVER WEIGHT~~

NORMAL

IDEAL ★



Congratulations,

Aymstrong team congratulates you and admire your choice in joining the Kuwait Weight Loss Camp Team.

We admire the courage to decide to make a positive change, only few do so and you are one of them. And this is why we will put all our effort to make sure you get to your goal.

What we require from you now are only the following:

- Fitness uniform
- Proper shoes
- Towel, if needed.
- And, the will to start a change.

These items are needed on the days of the program, and feel free to email me on yousef@alqanai.com for any questions regarding your training.

Thankfully yours,

Yousef Al Qanai
CEO & Founder of Aymstrong
Fitness Expert



HOW WE COMMUNICATE:

E-mail is the preferred mode of communication. Make sure you provide us with your most recent contact information and primary E-mail, and check regularly for notifications.

CONTACT INFORMATION:

For event inquires:

Abdulkadir Machhour (AK)

Events Coordinator

Mobile: +(965) 505-44-911

E-Mail: ak@aymstrong.com

For emergencies:

1st Option: Abdulkadir on +(965) 505-44-911

2nd Option: Mohammed on +(965) 999-64-794

Or incase of a serious matter, call Kuwait Emergencies Line: **112**



For Health & Fitness inquires:

Yousef Al Qanai

Fitness Expert

Mobile: +(965) 998-89-950

Email: yousef@alqanai.com

For Aymstrong & other programs inquires:

Mohammed Jahjah

Sales Manager

Mobile: +(965) 999-64-794

Emails: Mohammed@aymstrong.com | info@aymstrong.com

SOCIAL MEDIA:



[@Aymstrong](https://twitter.com/Aymstrong) Follow Us for Aymstrong news and programs



[Facebook.com/Aymstrong](https://www.facebook.com/Aymstrong) Like us on Facebook and stay tuned.



SCHEDULE AND TIMING:

Day	Time	Location	Activity	Estimated Calories burned
Every Saturday	10:00 AM to 11:00 AM	Australian College of Kuwait (ACK) *	Exercise session + Weight measurement*	600 Calories
Every Monday	8:30 pm to 9:30 pm	Palms Gym private studio	Exercise session Body Pump	450 Calories
Every Wednesday	7:00 pm to 8:00 pm	Multiple locations	Exercise session	450 Calories

*Direction to ACK campus: [Click Here](#)

Note:

- This is a sample schedule only. You will receive the training schedule via E-mail monthly.
- You will not receive reminders after the first week. It is your responsibility to check your E-mail regularly for the schedule and locations.

ACCESS TO FACILITIES

THE PALMS (GYM): Regarding Wednesday sessions carried out at The Palms (Gym), access to the premises will only be granted upon the presentation of a valid Aymstrong Membership Card due to security measures.

ACK CAMPUS: Regarding Saturday sessions carried out on ACK campus, access to the premises will require the presentation of a valid Civil ID upon arrival at the gate due to security measures.



BRING A FRIEND

Each member of the camp is provided with two visit opportunities to bring a friend or a family member to any of the training sessions each month.

Kindly note that un-used visits will not be accumulated when you renew your membership.

ADD A NUTRITIONAL PROGRAM WITH LINA'S & DINA'S DIET CENTER

Lina's & Dina's
Diet Center

For inquires, contact: 60908090 and get a 10% discount.

FEEDBACK AND SUGGESTIONS:

Help us improve our services with your feedback and suggestions. Kindly visit Aymstrong.com/feedback and fill out the form.

CONDITIONS

Kindly read the conditions document carefully, and familiarize yourself with our policies.

For a copy of the conditions, kindly visit the members section on Aymstrong.com/members

