



The Fitness Camp

Members Guide

So You Think
You're Tough?





So you think you're tough, huh?

Cause Aymstrong team thinks you are. The Fitness Camp is not for the weak of will and you have made your point.

We admire your courage to take it up a notch, only few do so and you are one of them. We will make an effort to make sure you discover a new potential and that's a promise.

What to bring to training? You know the protocol:

- Fitness uniform
- Proper shoes
- Water bottle
- Towel, if needed.

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.

Yours in Strength,

Yousef Al Qanai

CEO & Founder of Aymstrong
Fitness Expert



Follow me on Twitter





APPLICATION

As part of TFC policy, **you are obliged to fill the TFC Application.** Kindly provide us with relevant information regarding current health status, fitness level and any previous injuries.

[Click here](#) to fill in the application





COMMUNICATION

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.

For emergencies:

1st Option:

Mohammed Jahjah on
+(965) 999-64-794

2nd Option:

Yousef Al Qanai on
+(965) 998-899-50

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

CONTACT INFORMATION:

For Events Schedule & Timing & Location:

Call: Houssam J

Events Manager

Mobile: +(965) 976-22-838

Emails: Houssam@aymstrong.com

For Sales & Renewal & Registration:

Call: Mohammed Jahjah

TFC Sales | Client Service

Mobile: +(965) 999-64-794

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

For Health & Fitness inquires

Call: Yousef Al Qanai

Fitness Expert | Founder of Aymstrong

Mobile: +(965) 998-89-950

Email: yousef@alqanai.com





TRAINING AND SCHEDULE

| Day | Time | Location | Activity |
|-----------|-------------------------|--|----------------------------------|
| Saturday | 07:00 AM to 08:15 AM | Australian College of Kuwait (ACK) (a) | TFC Army Fitness Session (1)* |
| Monday | 7:00 pm to 8:00 pm | The Palms Hotel Beach | TFC Beach Session (2)* |
| Wednesday | TBA* | TBA* | TBA* |

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

*TBA: To Be Announced: keep checking your email on regular basis for exact timing, location, and activity of the Wednesday session

Note:

- 1) Be there at least 15 minutes before the session starting time.
- 2) We will inform you at least 12 hours via E-mail before every wednesday for the confirmed location and timing. (Keep checking your email on regular basis).
- 3) You will not receive reminders after the first week. It is your responsibility to check your schedule regularly for the locations and timing.

Description of training:

(1)* TFC Army Fitness Session:

Its more like a bootcamp style, very tough and unpredictable. From carrying sand bags to pulling tires and sprinting your soul out.

(2)* TFC Beach Session

Do you know how hard it is to exercise on beach sand ? Well, you will do a whole session on that using your body weight to train your body. All sort of push ups, crawling stuff, lunges, squats, and a lot more. You wont handle it i tell you that.





ACCESS TO FACILITIES

The Palms Hotel (Beach Club): Regarding sessions carried out at The Palms Hotel (Beach Club), access to the premises will only be granted upon the presentation of a valid Civil ID 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 card upon arrival at the gate due to security measures.

Members are only allowed access to specific locations on ACK campus and The Palms.

The Palms: The studio, restrooms, lockers, and beach area with trainers.

ACK: sport facilities, specified class rooms, auditorium, gardens, restrooms, and the cafeteria.





FEEDBACK AND SUGGESTIONS:

Help us improve our program with your feedback and suggestions. Kindly click [here](#) and fill out the form.

CONDITIONS

Kindly read the conditions document carefully, and familiarize yourself with our policies. For a copy of the conditions, visit the members section on:

Aymstrong.com/members

CONNECT WITH US ON SOCIAL MEDIA:



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



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