





FTV gym strives to create an international and versatile fitness experience for its esteemed

SERVICES BOOK

members. Here are some of our premium services that set us apart from the competitors.

STRENGTH TRAINIG

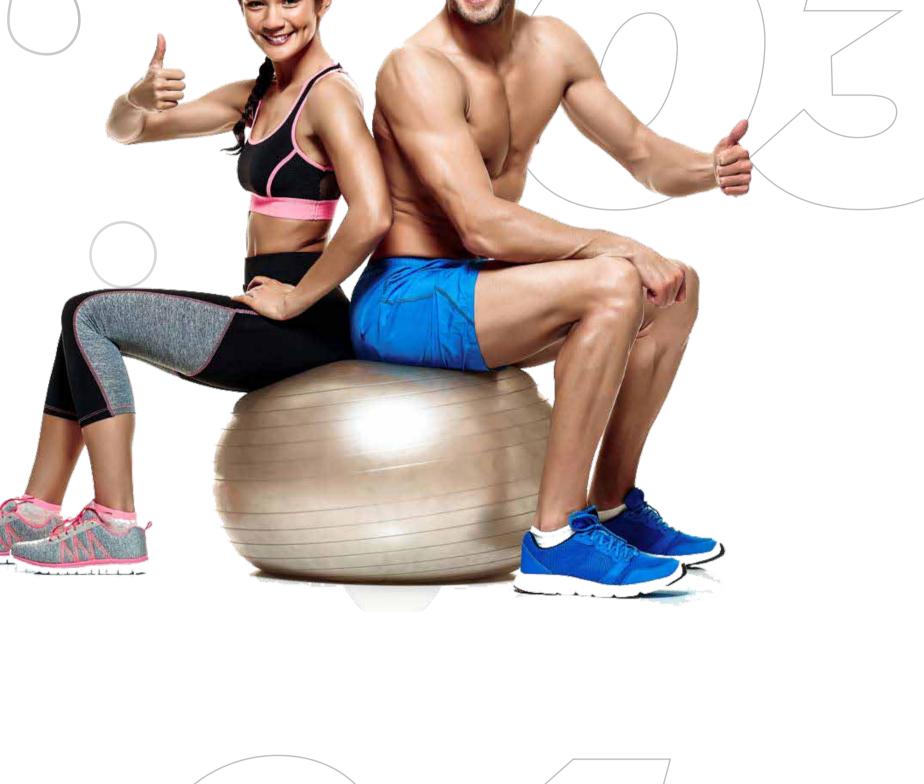
Also known as resistance training, it helps you build a lean muscle

mass, makes you stronger and increases your endurance abilities.



speed running machines that maximise the intensity of your cardiovascular workout.





FTV Gyms has a large section of free weights which is another form of strength training that is performed with dumbbells,

FREE WEIGHTS

barbells and sandbags that aren't attached to anything.



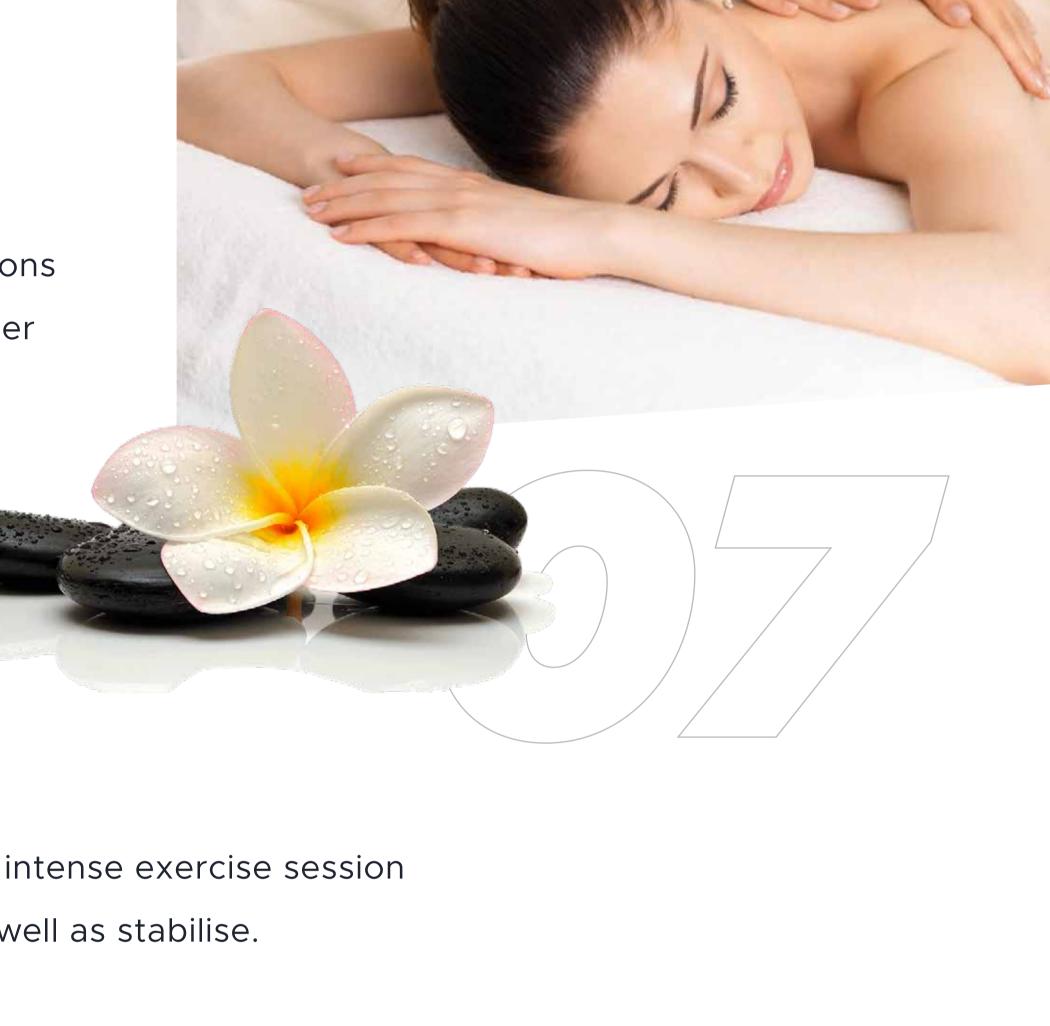


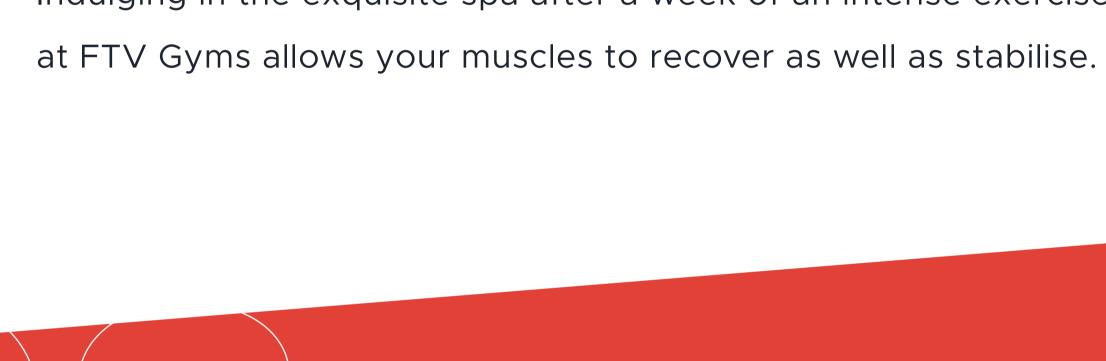
Spending time in a sauna at FTV Gym is the most relaxing way to end a workout session. It improves blood circulation and lowers blood pressure apart from helping the muscles to recover quickly.

SAUNA



Indulging in the exquisite spa after a week of an intense exercise session





stamina and endurance.

SPINING STUDIO

your body.

Spinning is a challenging and high intensity cycling workout

on a stationary bike that helps to increase cardiovascular



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MMA STUDIO

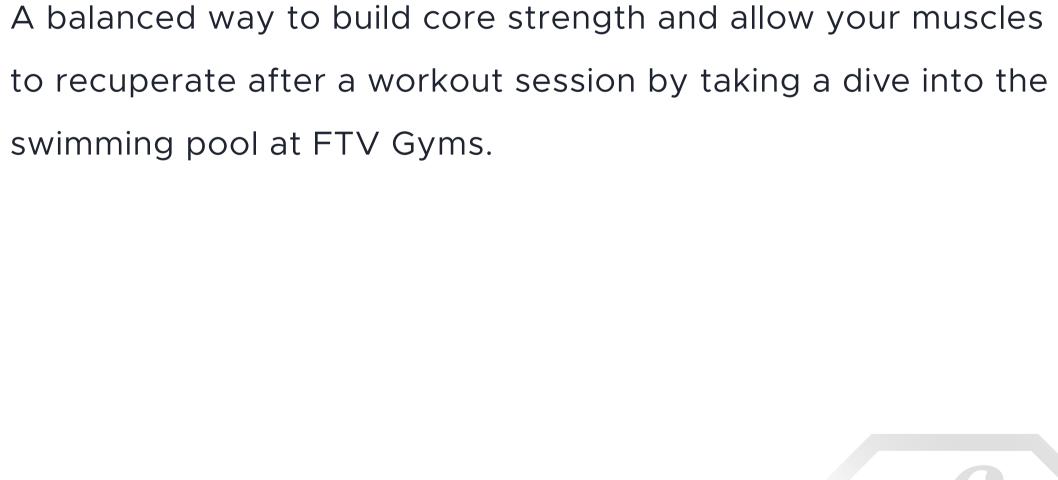
KICKBOXING

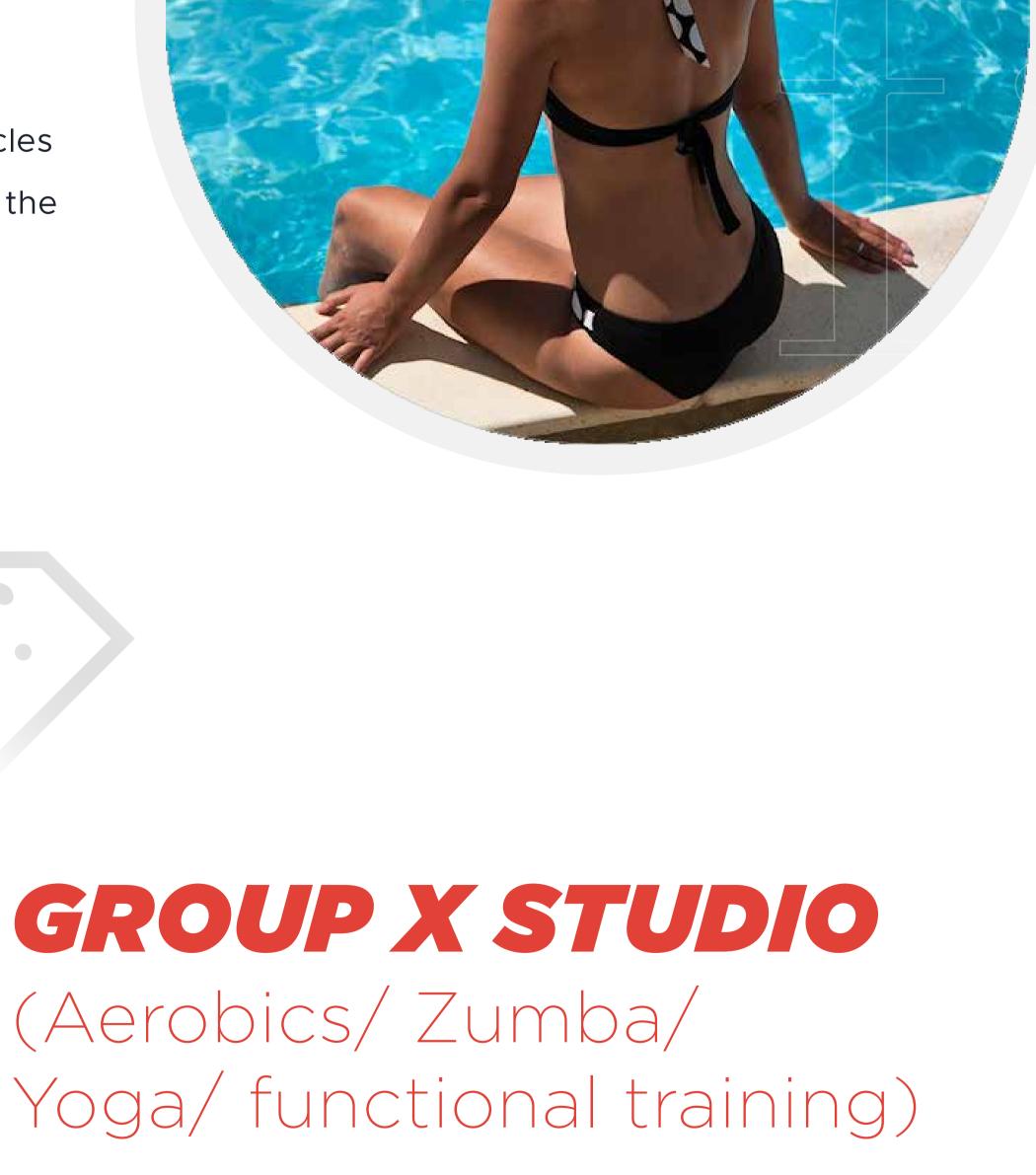
This is a one-of-a-kind training regime that not only gives members benefits of the regular gym workouts but also trains them in certain

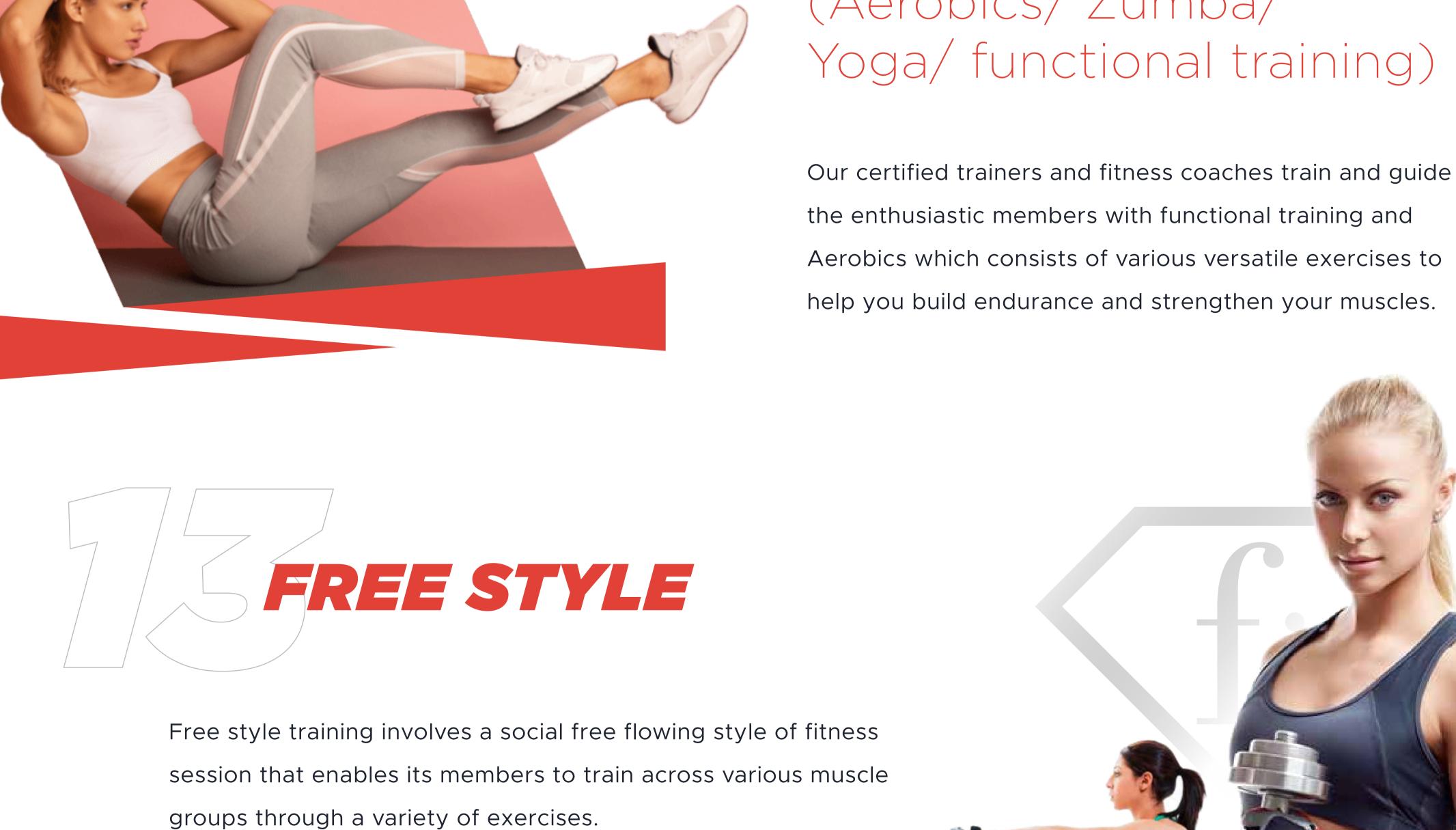
aspects of Functional training and MMA.

Kickboxing is a full body workout that incorporates elements of boxing and

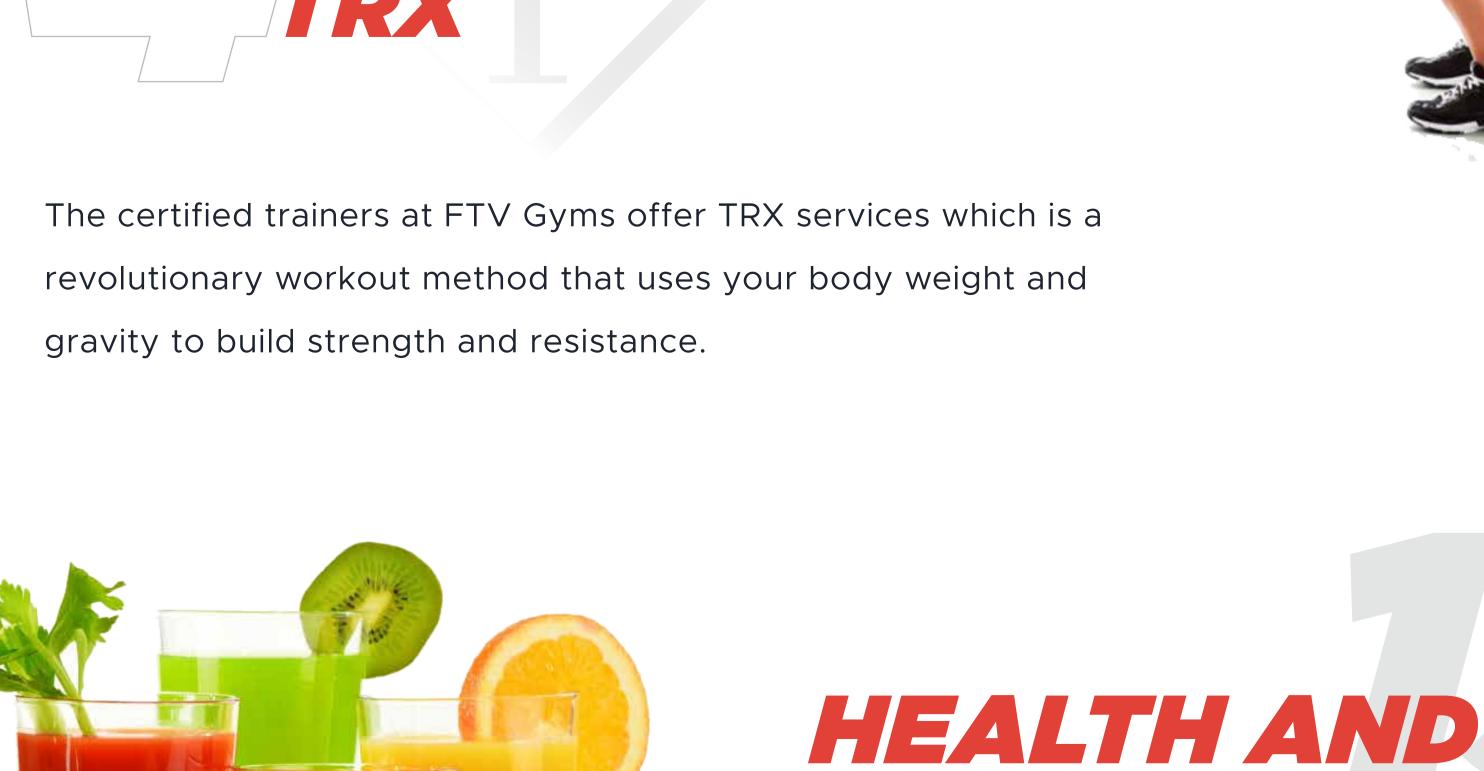
karate to provide the overall flexibility, physical conditioning and toning of







TRX



FTV Gyms are equipped with a large cardio facility and high speed running machines that maximise the intensity of your cardiovascular workout.





speed running machines that maximise the intensity of your cardiovascular workout.

