

afya gym

Operating hours: Mon-Sat: 6:30am to 8pm, Sun: 6:30am to 6pm
Appropriate training gear to be worn.
Enquire at the Spa reception about our aerobics classes.

Personal Training Sessions per hour

Fee: Ksh 650

One of our personal trainers will guide you and work with you to obtain the best and most efficient workout targeting your concerns.

Day Pass

Fee: Ksh 450

Allows access for the duration of the operating hours of the gym and includes use of steam, sauna and relaxation facilities.

Week Pass

Fee: Ksh 2,700

Allows access for the duration of the operating hours of the gym for 7 days and includes use of steam, sauna and relaxation facilities

2 Week Pass

Fee: Ksh 5,400

Allows access for the duration of the operating hours of the gym for 14 days and includes use of steam, sauna and relaxation facilities.

Senior Pass

Monthly fee: Ksh 3,500

Allows access for the duration of the operating hours of the gym 3 times per week for 1 month. Includes the use of steam, sauna and relaxation facilities.

Monthly Pass

Monthly fee: Ksh 6,700

Allows access for the duration of the operating hours of the gym for 1 month and includes use of steam, sauna and relaxation facilities 7 days per week.

Silver Membership

6 or 12 month contract. Allows access for the duration of the operating hours of the gym 7 days per week. Included is the use of steam, sauna and relaxation facilities.

One-off Joining Fee: Ksh 1,000

Monthly fee: Ksh 5,000



Gold Membership

6 or 12 month contract. Allows access for the duration of the operating hours of the gym 7 days per week. Included is the use of steam, sauna and relaxation facilities and a monthly MusculaVine Full Body Massage to soothe hard working muscles.

One-off Joining Fee: Ksh 1,000

Monthly fee: Ksh 8,500

Platinum Membership

6 or 12 month contract. Allows access for the duration of the operating hours of the gym 7 days per week. Included is the use of steam, sauna and relaxation facilities and your choice of 2 treatments. Either a MusculaVine Full Body Massage to soothe hard working muscles or an Uzuri Classic Facial, or manicure, or pedicure to ensure your monthly spa maintenance.

One-off Joining Fee: Ksh 1,000

Monthly fee: Ksh 12,250

uzuri spa contacts

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