



FORMASPORTS
FITNESS REDEFINED

NEWSLETTER

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Empower Your Fitness Journey! Welcome to Forma Sports!

At Forma Sports, we're redefining fitness by helping individuals reach their full potential. Whether you're an athlete, a fitness enthusiast, or focused on overall well-being, our tailored programs, cutting-edge equipment, and expert trainers are here to guide you every step of the way.

This newsletter is packed with the latest updates, fitness tips, and inspiring stories to keep you motivated on your journey.

What's New at Forma Sports?

1. Partnership with The Curve Pilates Center

We're excited to announce our collaboration with *The Curve Pilates!* This state-of-the-art facility now hosts our group classes, offering an elevated fitness experience designed for all levels.

2. Introducing Forma Bala Sculpt Classes

Bala Sculpt Classes are here to transform your workouts! These classes combine strength, resistance training,

Pilates techniques, stretching, and mobility exercises to help you feel fit and confident. Suitable for all fitness levels, spots are limited, so sign up today!

3. The Folding Reformer Bed

Bring the studio home with our new *Folding Reformer Bed!* Compact yet versatile, this equipment is perfect for transforming your in-home training sessions with endless possibilities.

Upcoming Events:

DIASTASIS RECTI & PELVIC FLOOR HEALTH

A women-only event focused on female health and postpartum recovery. Learn practical techniques to regain physical performance and overall well-being.



Success Story: Achieving goals with Forma Sports:

Meet Kirsty, a busy professional and mother of two who joined Forma Sports three months ago. With our expert trainers' support, Kirsty achieved incredible results—losing 8 kg and boosting her energy levels—all without feeling overwhelmed.

"I've never felt stronger, and I love the training structure here. The support from the trainers is amazingly motivating. Forma Sports truly helped me transform my lifestyle," Kirsty shared.

Have a success story of your own? Let us know! Your journey could inspire others.

Exclusive Member Benefits:

As a Forma Sports member, you enjoy perks that go beyond the gym:

- **Equipment Discounts:** Access personalized equipment bundles at special rates.
- **Wellness Coaching:** Get expert guidance on nutrition, recovery, and holistic health.
- **Masterclasses and Events:** Participate in workshops, challenges, and social gatherings.
- **Seasonal Offers:** Enjoy free gym, pool, and beach access, plus Bala classes, at the luxurious *Chedi Katara Hotel*.



***FOCUS ON HEALTH
& WELLBEING
NOT ON YOUR SCALE***

JOIN US AT FORMA SPORTS!

Ready to take the next step in your fitness journey? Visit www.forma-sports.com to explore our programs, sign up for classes, or purchase equipment bundles tailored to your needs.

Thank you for being part of the Forma Sports family. Let's make 2025 your strongest year yet!

**Stay Fit.
Stay Strong.
Stay Forma.**

The Forma Sports Team



**KEEP FITNESS
IN STYLE**

