

WELCOME BACK TO OUR

October 2025 / Vol 1

MONTHLY NEWSLETTER



STAYCATION

NOVEMBER 14 AT THE CHEDI KATARA HOTEL

- 1. Full Experience** – 290 QAR*
Includes breakfast, walk, Power Pilates & pool+beach access
- 2. Power Pilates + Pool/Beach** – 170 QAR
(No breakfast)
- 3. Walk Only – Free**
With a surprise gift!

We can't wait to see you there!

BOOK NOW 



WWW.FORMA-SPORTS.COM 

WALKFORMA BY FORMA SPORTS

WALK AND PILATES

POOL & BEACH ACCESS

WANT TO JOIN WITH THE
BREAKFAST BUFFET?
PAY JUST 110 QAR MORE!

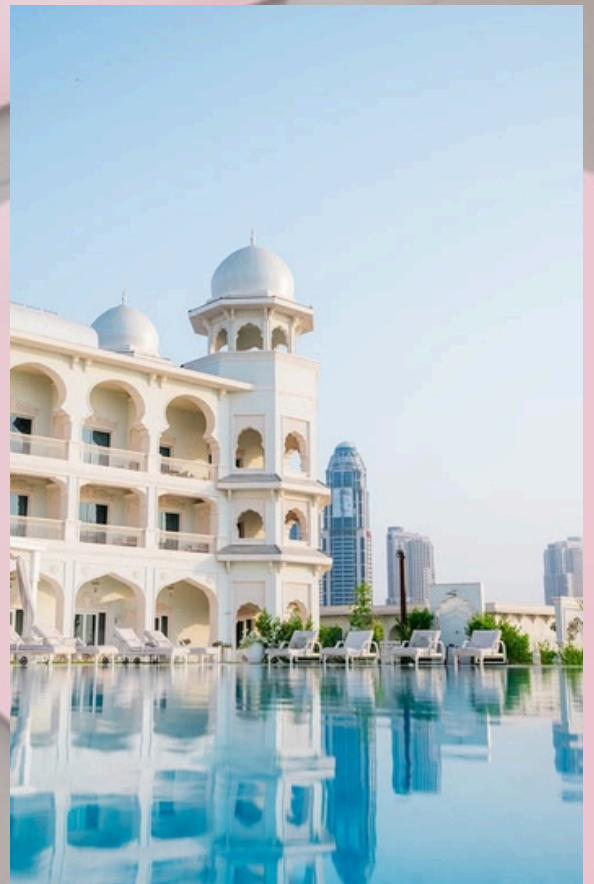
QAR
180



FRI

NOVEMBER 14,
2025

11 AM



THE CHEDI

KATARA HOTEL & RESORT
DOHA, QATAR



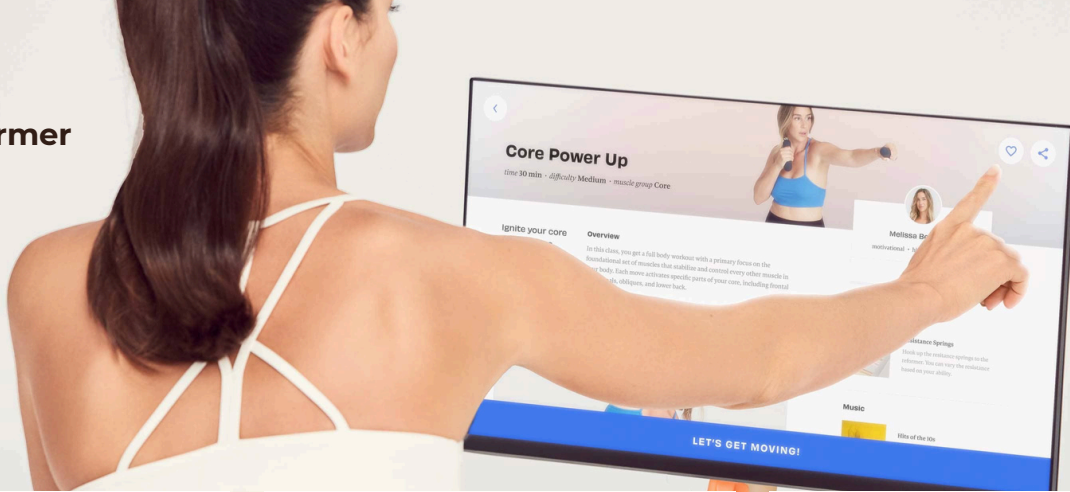
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Frame Reformer



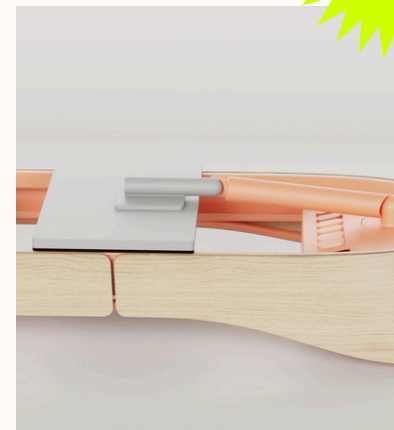
Push-button resistance

Now you can adjust the weight of your resistance without resistance.



A smooth carriage ride

Whether you are lying down, sitting kneeling, or standing



Collapsible touchscreen

24" bluetooth-enabled, 180° swivel touchscreen with easy storage

NEW ARRIVAL



We're excited to share that our consultations now include full body-composition analysis using our new smart **Runstar Scale**. Whether you're working on fat loss, muscle gain or just want to track your progress — we've got you covered.

Book your **free consultation** today and get a detailed breakdown of your weight, body fat, BMI and more.