

To be filled in and Sent back to Jainam Health Services Pvt. Ltd.

PROVIDER INFORMATION SHEET

| Timinas | | | | | | | |
|-----------|--------------------------|----------|------------|------------|--------|----------|--------|
| Days | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| TIMINGS- | | | | | | | |
| • | Accreditation: 1 | SO: sind | ce: from: | | | | |
| • | Established sin | ce: | Built-up a | | | | |
| • | Area: Nearest railway | | | Pin Code : | | State : | |
| • | | | | | | - | |
| BASIC INF | ORMATION- | | | | | | |

COMMUNICATION MODES-

| • | STD code: FAX: | | | Alt. Tel no: | | _ |
|-----------|-------------------|-----------|---|---------------|----|---|
| • | Email : | | V | Vebsite : | | |
| • | | Phone No: | | | | |
| GENERAL F | ACILITIES- | | | | | |
| Bath | room | | | Air condition | er | |
| | | | | | | |

Car parking Changing rooms Personal trainer Personal health record Individual therapy rooms Available mode of payment: Periodic assessment done: y / n Cash / Card / Cheque

ADVANCED FACILITIES-

| Equipment | Availability | Make/ Brand of equipment |
|----------------------|--------------|--------------------------|
| 16 station multi gym | | |
| Squat stand | | |
| Squat Stanu | | |
| Leg curl extension | | |
| Leg pull down | | |
| Vibrating plate | | |



| Twister Upright bike Seated rowing machine Adjustable cross over machine Calf machine Incline press Shoulder press Dual cable cross trainer Rowing ergometer Abdominal board SERVICES- 1st consultation charges: Disc. charges: Free consultation given if any: Flat disc. given on treatment if any: | charges: Disc. charges: on given if any: Flat disc. given on treatment if any: | Health Services Limited | | |
|---|---|--|------------------------------------|-----|
| Seated rowing machine Adjustable cross over machine Calf machine Incline press Shoulder press Dual cable cross trainer Rowing ergometer Abdominal board SERVICES- 1st consultation charges: Place consultation given if any: Flat disc. given on treatment if any: Service Cost Discounted cost Weight loss - 5kg Weight loss - 10kg Weight loss - 15kg Weight loss - 20kg Auscle building Cardio training | charges:Disc. charges: on given if any:Flat disc. given on treatment if any: Service Cost Discounted cost | Twister | | |
| Adjustable cross over machine Calf machine Incline press Shoulder press Dual cable cross trainer Rowing ergometer Abdominal board SERVICES- 1st consultation charges:Disc. charges: Free consultation given if any:Flat disc. given on treatment if any: Service Cost Discounted cos Veight loss - 5kg Veight loss - 10kg Veight loss - 15kg Veight loss - 20kg fluscle building Cardio training | charges:Disc. charges: on given if any:Flat disc. given on treatment if any: Service Cost Discounted cost | Upright bike | | |
| Calf machine Incline press Shoulder press Dual cable cross trainer Rowing ergometer Abdominal board SERVICES- 1st consultation charges: Disc. charges: Free consultation given if any: Flat disc. given on treatment if any: Service Cost Discounted cost Weight loss - 5kg Weight loss - 10kg Weight loss - 10kg Weight loss - 20kg Muscle building Cardio training | charges:Disc. charges: on given if any: Flat disc. given on treatment if any: Service Cost Discounted cost | Seated rowing machine | | |
| Calf machine Incline press Shoulder press Dual cable cross trainer Rowing ergometer Abdominal board SERVICES- 1st consultation charges: Disc. charges: Free consultation given if any: Flat disc. given on treatment if any: Service Cost Discounted cost Weight loss - 5kg Weight loss - 10kg Weight loss - 15kg Weight loss - 20kg Muscle building Cardio training | charges:Disc. charges: on given if any:Flat disc. given on treatment if any: Service Cost Discounted cost | Adjustable cross ever machine | | |
| Incline press Shoulder press Dual cable cross trainer Rowing ergometer Abdominal board SERVICES- 1st consultation charges: Disc. charges: Free consultation given if any: Flat disc. given on treatment if any: Service Cost Discounted cost Weight loss - 5kg Weight loss - 10kg Weight loss - 15kg Weight loss - 20kg Muscle building Cardio training | charges:Disc. charges: on given if any: Service | | | |
| Shoulder press Dual cable cross trainer Rowing ergometer Abdominal board SERVICES- 1st consultation charges: Disc. charges: Free consultation given if any: Flat disc. given on treatment if any: Service Cost Discounted cost Weight loss - 5kg Weight loss - 10kg Weight loss - 10kg Weight loss - 20kg Muscle building Cardio training | charges:Disc. charges: on given if any: Service | Calf machine | | |
| Dual cable cross trainer Rowing ergometer Abdominal board SERVICES- 1st consultation charges:Disc. charges: Free consultation given if any:Flat disc. given on treatment if any: Service Cost Discounted cost Veight loss - 5kg Veight loss - 10kg Veight loss - 15kg Veight loss - 20kg Veight loss - 20kg Vuscle building Cardio training | charges:Disc. charges: on given if any: Service | Incline press | П | |
| Rowing ergometer Abdominal board SERVICES- 1st consultation charges: Disc. charges: Free consultation given if any: Flat disc. given on treatment if any: Service Cost Discounted cost Weight loss - 5kg Weight loss - 10kg Weight loss - 15kg Weight loss - 20kg Muscle building Cardio training | charges:Disc. charges: on given if any: Service Cost Discounted cost | Shoulder press | | |
| Abdominal board SERVICES- 1st consultation charges:Disc. charges: Free consultation given if any:Flat disc. given on treatment if any: Service Cost Discounted cost Weight loss - 5kg Weight loss - 10kg Weight loss - 15kg Weight loss - 20kg Muscle building Cardio training | Service Cost Discounted cost | Dual cable cross trainer | | |
| SERVICES- 1st consultation charges:Disc. charges: Free consultation given if any:Flat disc. given on treatment if any: Service Cost Discounted cost Weight loss - 5kg Weight loss - 10kg Weight loss - 10kg Weight loss - 20kg Muscle building Cardio training | Service Cost Discounted cost | Rowing ergometer | | |
| 1st consultation charges:Disc. charges:Flat disc. given on treatment if any: Service Cost Discounted cost Weight loss - 5kg Weight loss - 10kg Weight loss - 15kg Weight loss - 20kg Muscle building Cardio training | Service Cost Discounted cost | Abdominal board | | |
| Weight loss – 10kg Weight loss – 15kg Weight loss – 20kg Muscle building Cardio training | veoling. | 1 st consultation charges:Disc. charg Free consultation given if any:Flat dis | es: sc. given on treatment if a | ny: |
| Weight loss – 15kg Weight loss – 20kg Muscle building Cardio training | veoling. | | | |
| Veight loss - 20kg Muscle building Cardio training | veoling. | Service Veight loss – 5kg | | |
| Auscle building Cardio training | realing | Service Veight loss – 5kg Veight loss – 10kg | | |
| Cardio training | veoling. | Service Veight loss – 5kg Veight loss – 10kg Veight loss – 15kg | | |
| | veoling | Service Veight loss – 5kg Veight loss – 10kg Veight loss – 15kg Veight loss – 20kg | | |
| lexibility training | veoling | Service Weight loss – 5kg Weight loss – 10kg Weight loss – 15kg Weight loss – 20kg Muscle building | | |
| Shara a shi a a shi a | veoling | Service Veight loss – 5kg Veight loss – 10kg Veight loss – 15kg Veight loss – 20kg Muscle building Cardio training | | |
| | veoling | Service Veight loss – 5kg Veight loss – 10kg Veight loss – 15kg Veight loss – 20kg Muscle building Cardio training Flexibility training | | |
| | veoling | Service Veight loss – 5kg Veight loss – 10kg Veight loss – 15kg Veight loss – 20kg Muscle building Cardio training Elexibility training Strengthening | | |
| - | veoling | Service Veight loss – 5kg Veight loss – 10kg Veight loss – 15kg Veight loss – 20kg Muscle building Cardio training Elexibility training Extrengthening Endurance training | | |
| | peoling | Service Veight loss - 5kg Veight loss - 10kg Veight loss - 15kg Veight loss - 20kg Muscle building Cardio training Elexibility training Endurance training Endurance training Eitness training | | |
| | yeoling | Service Veight loss - 5kg Veight loss - 10kg Veight loss - 15kg Veight loss - 20kg Muscle building Cardio training Elexibility training Endurance training Eitness training Veight gain program | | |
| | | Service Veight loss - 5kg Veight loss - 10kg Veight loss - 15kg Veight loss - 20kg Muscle building Cardio training Elexibility training Endurance training Endurance training Veight gain program Height gain program | | |
| addition and diet counseling | | Service Veight loss - 5kg Veight loss - 10kg Veight loss - 15kg Veight loss - 20kg Muscle building Cardio training Clexibility training Circngthening C | | |
| Stress relieving exercises | | Veight loss – 5kg Veight loss – 10kg Veight loss – 15kg Veight loss – 20kg Veight loss – 20kg Muscle building Cardio training Elexibility training Endurance training Endurance training Endurance training Weight gain program Height gain program Steam Mutrition and diet counseling | | |



| Doctor Name | Specialty | Contact No. | Consultation days and Timings | Availability of following modes of consultation | | llowing Itation | Email |
|-------------|-----------|----------------|-------------------------------------|---|-----|--------------------|-------|
| | | | | Tele | Web | Email | |
| | | | | | | | |
| | | | | | | | |
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OTHER CHAINS/CENTRES IF AVAILABLE:

| Name of the centre | Address | City | Contact person | Contact No. | Email |
|--------------------|---------|------|-------------------|-------------|-------|
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| Along with information mentioned above, kindly a | ttach the original photographs of Clinic / Centre |
|--|---|
| inclusive of, | |

- Reeception -Cardio area Gym area

- Steam area
- Changing room
 Attach brochure of centre if available

Authorized signatory

Stamp