

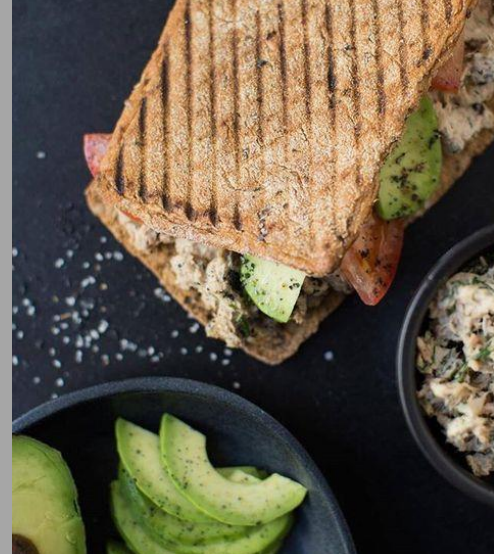


DC

OMONA LUB

*Calle de Serrano 100,
28006, Madrid*

“Where Fitness Meets Flavour”



We are Pomona Club – a unique Boutique Gym with a healthy oriented cafeteria located at the heart of Madrid's most exclusive neighborhood (Serrano, 100)

We have designed state of the art guided classes and services that will enhance your performance and wellbeing;

- I. High Intensity Interval Training (HIIT) – Functional
- II. High Intensity Circuit Training
- III. Pilates
- IV. Running Club
- V. Personal Training (Individual or small groups)
- VI. 360° services: Aesthetic and Athletic nutrition, Coaching and Physiotherapy

Additionally, we have a **healthy cafeteria** with a broad product offering ready to satisfy the desires of all our community members



Pomona's Club goal – Creating a community of outstanding individuals united by a common goal – “Becoming the best version of themselves”

Our core pillars:

- I. Elite fitness proposal
- II. Unique healthy and tasty nutritional offering
- III. Socialization among community members
- IV. Enjoyment of the Pomona experience



Pomona Club's Nutritional exceptional value proposition to its members – unique in its kind

Pomona provides nutritional advice and strategies tailored to (i) **aesthetic** and (ii) **athletic needs** of its clients;

- I. Offers a comprehensive service that combines nutritional science with customised plans to improve body composition
- II. Completes member's physical training
- III. Promotes a healthy lifestyle and well-being
- IV. Provides ongoing support and optimizes performance to achieve specific sporting goals
- V. Enhances tools and education to maintain healthy eating habits over the long term



Pomona Club's Nutritional core pillars - Start your change with Pomona

- I. **Tailor-made:** nutritional plans adapted to the needs and objectives of each member
- II. **Scientific oriented approach:** use of the latest scientific advances and state of the art data to guide our recommendations
- III. **Education:** Empower members with the knowledge that will enable them to make informed decisions about their diet in the long term
- IV. **Constant support:** To ensure that members maintain their nutritional goals
- V. **Commitment:** Constant support to ensure the success of the members' objectives



Pomona Club's Aesthetic Nutrition Program

Focused on nutritional habits designed to improve changes in body composition, body toning, **increase muscle mass** and **decrease body fat** with four pillars;

- I. Nutritional education
- II. Calorie balance and weight control
- III. Nutrient-rich diet
- IV. Supplementation

**3-months minimum duration to
enhance results**



Pomona Club's Athletic Nutrition Program

Focused on **maximizing performance of members who have a specific sporting event**. Includes pre-workout, recovery and supplementation strategies;

- I. Optimize physical and mental performance
- II. Facilitate post-workout recovery
- III. Adapt nutrition to the feeding and competition cycles

**We'll make you reach your
maximum potential at
competition**



*Become part
of Pomona's
community.*

POMONA CLUB

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