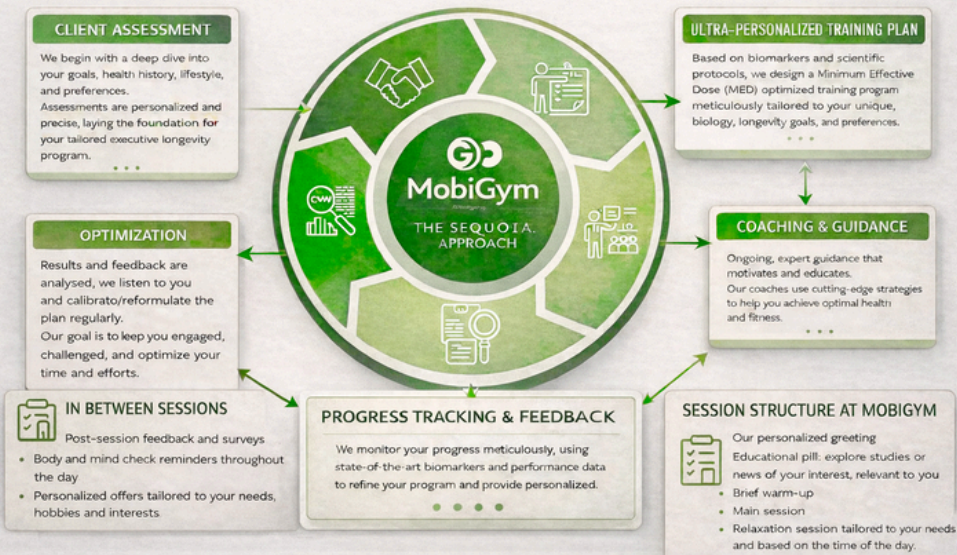




OUR EVIDENCE BASED HOLISTIC METHOD



Disclaimer: The method and steps described are based on our 4-month program and may be subject to change. Please consult with our team for the most up-to-date information on our services or on site.

- + [+352 621 504 592](tel:+352621504592)
- + INFO@MOBIGYM.LU
- + WWW.MOBIGYM.LU



2026 Offers

"We're not just a gym, and we're not a clinic – we're preventive wellness partners.

Our mission is to help our clients maintain such vibrant health that they never need to become patients."

MobiGym Founders

Longevity Fitness Studio
117, Route D'Arlon L-8009 Strassen - Luxembourg



SAVE TIME TODAY, GAIN MORE TIME FOR TOMORROW

How to Choose Your MobiGym Program

A simple guide to select the option that fits your goals, lifestyle, and level of commitment.

MobiGym - Longevity Fitness Studio - Luxembourg

STEP 1: Do you want **guaranteed results**?

YES →

✓ Structured 4-Month Programs
Premium, Semi-Private, DUO

NO →

Flexible Packages

STEP 2: How often do you want to **train**?

1× per week

Premium 1x
Semi-Private 1x

2× per week

Premium Plus
Semi-Private Plus

STEP 3: Do you prefer training **alone** or **together**?

👤 Train Alone

1:1 Premium

👥 Train with a Partner

1:2 Semi-Private
DUO Longevity

STEP 4: Is cardio or metabolism your main focus?

If your main goal is cardiovascular or metabolic improvement with minimal time, **CAROL Bike REHIT®** can be added to any program or chosen as a standalone option.

Optional: Track What Matters

Body Composition Analysis (BIA)
Initial assessment: €49
Follow-up assessments: €27
Tracks muscle, fat & hydration

MobiGym — Longevity · Strength · Healthspan

Luxembourg · Science-Based · Time-Efficient

Book a Discovery Call

Your Longevity. Your Structure. Your Choice.

Science-based training programs designed to improve strength, healthspan, and performance — with clarity and consistency.

MobiGym - Longevity Fitness Studio - Luxembourg

✓ Structured Programs

Guaranteed results - 4-month commitment

1:1 Premium

Private · 1×/week · €237/month

Money-Back Guarantee

1:1 Premium Plus

Private · 2×/week · €426.60/month

Money-Back Guarantee

1:2 Semi-Private

Train together · 1×/week · €197/person

Money-Back Guarantee

1:2 Semi-Private Plus

Train together · 2×/week · €355/person

Money-Back Guarantee

DUO Longevity

Couples · €166/person

Money-Back Guarantee

✓ Flexible Programs

Maximum freedom - No fixed schedule

12-Session Flexible

€720 one-time - Validity 6 months

No guarantee

24-Session Flexible

€1,320 one-time - Validity 12 months

No guarantee

✓ Add-Ons & Tools

CAROL Bike REHIT®

Ultra-efficient cardio & metabolic boost

Members: €24/session

Non-members: €768 (24-session package)

No guarantee

Body Composition Analysis (BIA)

€49 first, €27 following ones

✓ Money-Back Guarantee

- ✓ Applies to structured 4-month programs
- ✓ Requires consistency and measurements
- ✓ Does not apply to flexible packages or CAROL-only sessions

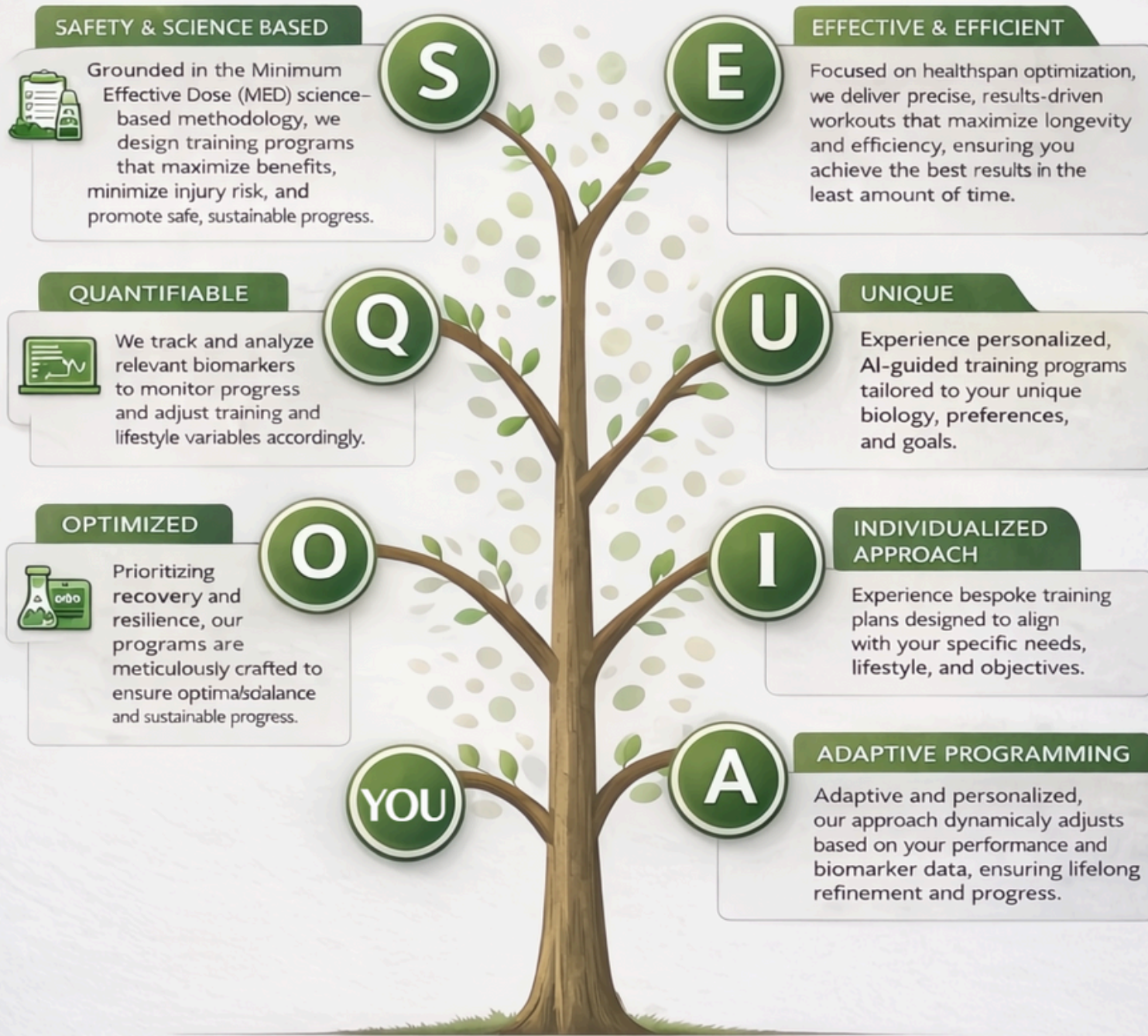
Conditions apply, Full details available upon request.

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Luxembourg | Science-Based | Time-Efficient

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The SEQUOIA framework represents MobiGym's executive approach to optimizing healthspan and enhancing longevity.



Why MobiGym is different

- **Minimal Time, Maximum Impact** – Results-driven sessions in 20–40 minutes
- **Personalized Longevity Programs** – Built around your age, goals, and lifestyle
- **Advanced Technology** – Smart resistance, metabolic training, recovery & biohacking
- **Data-Guided Progress** – Decisions driven by measurements, not trends
- **Designed for Busy Professionals 40+** – Efficient, safe, sustainable

“MobiGym is Fitness redesigned for modern life and long-term health.”