



REAL MEMBERS | REAL IMPACT

01 /

FATIMA ALQUBAISI

Member since 2022

01. What motivated you to join our wellness hub, and what were your initial fitness goals?

“The Bridge’s holistic approach to wellness and beautifully designed facilities bathed in natural light drew me to your gym. The friendly and knowledgeable coaches and staff further enhance the experience, making every visit a delightful and enriching journey towards health.

My initial fitness goal, consistent with my aspiration to age healthily, was to build strength, flexibility, and endurance. The variety of classes and programs at The Bridge perfectly cater to my goals, making it the ideal choice.”

02. How has the support and guidance from our coaches contributed to your fitness journey?

“The support and guidance from The Bridge Wellness coaches have been essential to my fitness journey. Their expertise in tailoring workouts to my needs and their unwavering motivation has kept me on track and confident in my progress. Their welcoming and friendly demeanor creates a positive and inclusive atmosphere that makes each gym visit a time I look forward to. I’m grateful for their guidance, especially since I didn’t anticipate such rapid results initially”.



03. Share a standout moment in your fitness journey ?

“A standout moment in my fitness journey was the exhilarating feeling of surpassing my expectations. It was a powerful reminder of the incredible progress I had achieved through the dedicated support of the coaches.”

04. Reflect on any personal growth or achievements that you attribute to your experience at our gym.

“The discipline and commitment I've cultivated at the gym have translated into greater discipline in my daily routine, improved time management, and increased self-confidence. Moreover, the sense of accomplishment from achieving my fitness goals has profoundly impacted my overall well-being, boosting my self-esteem and enhancing my mental and emotional resilience. The Bridge Wellness has become a catalyst for my personal growth and a source of pride for the achievements I've unlocked”.

05. Reflect on a specific achievement or milestone you reached during your time with us.

“One of the standout achievements at The Bridge Wellness was the transformation I experienced, which involved gaining significant muscle mass while shedding visceral fat. This achievement symbolizes the effectiveness of The Bridge's programs and underscores the power of the inspiring community that motivates and empowers individuals to reach their fitness and wellness aspirations”.



06. In what ways has your participation in the gym community extended beyond fitness, contributing to a positive and inclusive atmosphere?

"I have had the privilege of forming meaningful connections and friendships with fellow members, celebrating each other's successes. This inclusive spirit enhances the overall gym experience and fosters a welcoming environment for newcomers".

07. If you were to advise someone thinking about joining our gym, what key aspect of your experience would you emphasize?

"A beautiful and psychologically comfortable place with everything you need, including fitness equipment, yoga, a restaurant, and coffee".



02 /

FAHAD ALOTHMAN

Member since 2022

01. What motivated you to join our wellness hub, and what were your initial fitness goals?

“ My decision to continue joining The Bridge Lifestyle is driven by a desire to prioritize my health and overall wellbeing. The motivation stems from a recognition of the numerous benefits that regular exercise can provide. My aim to build a sustainable fitness lifestyle that not only enhances my physical strength and endurance but also contributes to long-term mental and emotional resilience”.

02. How has the support and guidance from our coaches contributed to your fitness journey?

“I’m thrilled with my experience at The Bridge! The coaches here are absolute astonishing and exceptional, their expertise and encouragement have taken my fitness journey to new heights. The personalized attention and challenging yet fun workouts made every encounter a joy”.

03. Share a standout moment in your fitness journey ?

"A standout moment in my fitness journey when I started reaching a significant milestone in my health and self realization on reaching to my targeted weight and the feeling of commitment”.



04. Reflect on any personal growth or achievements that you attribute to your experience at our gym.

“It was the realization “moment of truth” that my commitment to a healthier lifestyle and making it as a lifestyle and this was yielding tangible results, both in terms of physical transformation and improved my overall wellbeing.”

05. Reflect on a specific achievement or milestone you reached during your time with us.

“The moment of accomplishment is when I reached to my initial goal of my target weight and kept continuing with setting further goals”.

06. In what ways has your participation in the gym community extended beyond fitness, contributing to a positive and inclusive atmosphere?

“The Bridge serves as the platform for achieving a healthier and more active lifestyle, by having a great community that share similar values and interests, my participation to inspire other members of our community to further progress on their wellbeing”.

07. If you were to advise someone thinking about joining our gym, what key aspect of your experience would you emphasize?

“I would emphasize on The Bridge’s motivating atmosphere and positive fitness experience, adding, the supportive community within the gym that offers motivation, guidance, and encouragement”.



03 /

YASMEEN ALSAMADI
Member since 2022

01. What motivated you to join our wellness hub, and what were your initial fitness goals?

"It is one of the largest gyms in Abu Dhabi and has everything, healthy food and exercise, and the trainers are so professional".

02. How has the support and guidance from our coaches contributed to your fitness journey?

"My trainer changes the training programe every 6 weeks based on the results of the assessment".

03. Share a standout moment in your fitness journey ?

"Most of the trainers rely on me during the class to help the other members. I love helping others and encouraging them".

04. Reflect on any personal growth or achievements that you attribute to your experience at our gym.

"Through to my journey, I discovered that I love helping members, and I am currently thinking of becoming a trainer one day".

05. Reflect on a specific achievement or milestone you reached during your time with us.

"I have become stronger in a good shape".



06. In what ways has your participation in the gym community extended beyond fitness, contributing to a positive and inclusive atmosphere?

"I met new people and we always encourage each other".

07. If you were to advise someone thinking about joining our gym, what key aspect of your experience would you emphasize?

"A beautiful and psychologically comfortable place with everything you need, including fitness equipment, yoga, a restaurant, and coffee".