Abdulla Gym

Over 2 million members choose Abdulla Gym.

Opening Times

We fit your busy schedule and on-the-go lifestyle. With your membership, you can work out when it’s best for you—day or night! Our clubs are open 24 hours a day, 7 days a week, 365 days a year.

At Abdulla Gym you hold the key, literally. Access to our clubs is protected by our state-of-the-art security system and will only be granted with the proper key. Once inside, you have full use of cutting-edge strength training and cardio equipment.

Membership

As a neighbourhood-style fitness club, we are right where you need us. Close to home or close to work, we've got you covered. Unlike most gyms, your Abdulla Gym membership allows you to visit thousands of clubs, at no extra cost. It doesn't cost a lot to achieve your fitness goals at Abdulla Gym—with awesome equipment and the support and encouragement from our club staff, you get far more than you would expect for the price.

Additionally, your club may offer reimbursement programs. Many health insurance providers and employers will subsidize monthly dues based on how often you work out each month. As each Abdulla Gym club is independently owned and operated, we encourage you to contact the club of your choice for specific pricing information. A visit to the club will help you learn even more.

Atmosphere

Our clubs are scrupulously clean and they offer a friendly and supportive atmosphere that is second to none. Integrated access and security with remote monitoring of surveillance systems provides round-the-clock safety and security. Personal safety devices allow for one-touch access to emergency care. Private restrooms with showers offer convenience for those who wish to change at the club or freshen up before they leave.

Online tools & Community

Maximize your Abdulla Gym membership with 24/7 access to Anytime Health—your online resource for living well. Check out the great benefits available to you as an Abdulla Gym member below.