



FAST FIT

Real Results. 20 Minutes.

FEBRUARY EDITION 2026

Issue 13

COMMITMENT, COMMUNITY, CELEBRATION

February celebrates heritage, discipline, & shared achievement. This issue captures how **Fast Fit** continues to elevate every experience — from Ramadan routines to Saudi Founding Day festivities, & beyond.

“Every action shapes excellence. Every day is an opportunity.”

Inside this issue:

- Celebrating Saudi Founding Day with pride & wellness
- Health & training insights for Ramadan
- Community milestones & member engagement highlights
- Continued innovation in EMS & holistic fitness

Best EMS Fitness Company in Saudi

Arabia 2025

by Brands

Review Magazine

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BUILDING DISCIPLINE THROUGH COMMUNITY



February marks the middle of the first quarter, a month that reinforces routine, accountability, & intentional action.

At **Fast Fit**, culture is cultivated through consistent effort, shared purpose, & a commitment to the standards we set for ourselves.

This month, our focus is on combining heritage, celebration, & discipline — honoring Saudi traditions while continuing to lead in health, performance, & wellness.

MESSAGE FROM RIYADH LADIES AREA MANAGER

LEADING FAST FIT RIYADH – LADIES CLUB WITH PASSION & PURPOSE

At Fast Fit Riyadh – Ladies Club, I focus on creating an environment where energy, dedication, & teamwork come together to deliver an exceptional experience for every member. For me, leadership is about setting high standards, leading by example, & supporting our team so they can shine in every session.



I believe that strong relationships & open communication are key to a thriving club. By coaching, motivating, & celebrating our instructors and staff, we build a team that feels confident, inspired, & empowered. Every detail—from the way a session is run to the way our members feel welcomed—reflects the passion we bring to fitness.

My goal is simple: to nurture a united, high-performing team at Fast Fit Riyadh – Ladies Club that inspires our members to live healthier, more active lives while enjoying every step of the journey.

- Olga Kalenkovich

FEBRUARY FOCUS

DISCIPLINE MEETS CELEBRATION



February is a month where **Fast Fit** emphasizes balance: honoring culture while maintaining peak performance.

Key areas of focus:

- Supporting members during Ramadan with energy-conscious training.
- Emphasizing recovery, hydration, & consistent progress.
- Celebrating Saudi Founding Day across branches with community initiatives.
- Reinforcing accountability, attendance, & consistency.

TRAINING IN FEBRUARY

MAINTAINING MOMENTUM DURING RAMADAN

Fast Fit continues to refine its approach for members observing Ramadan:

- Shorter, high-impact sessions to optimize energy use.
- Recovery, hydration, & nutrition guidance.
- Personalized coaching to maintain consistency safely.

Efficiency is the new intensity. Sustainable performance is built on smart, repeatable routines, not extremes.



INSIGHT

ENERGY MANAGEMENT DURING FASTING



This month, our insight focuses on **how to maintain performance during fasting periods:**

- Prioritize intensity without exceeding energy limits.
- Focus on nutrient timing & hydration outside fasting hours.
- Mindset & structure are as important as physical effort.
- Small, consistent wins compound into long-term success.

Fast Fit designs sessions that complement lifestyle demands while maintaining high standards of performance & safety.



رمضان العَرَبِيّ
FEBRUARY
HIGHLIGHTS
2026

SAUDI FOUNDING DAY CELEBRATIONS



Fast Fit celebrated Saudi Founding Day with our trainers wearing Saudi-themed scarves & offering traditional dates & Arabic coffee to members. These simple yet meaningful touches allowed members to connect, enjoy the community atmosphere, & reflect on heritage, unity, & wellness as a lifestyle across all branches.

MEMBER ENGAGEMENT IN RAMADAN



Throughout February, members continued to train consistently despite fasting schedules. Attendance & participation remained strong, reflecting the dedication & resilience of the **Fast Fit** community.

LOOKING AHEAD

MARCH WILL CONTINUE THE MOMENTUM WITH:

- Spring challenges to reinvigorate training goals.
- New **Fast Fit Evolve** loyalty milestones.
- Member-focused initiatives to enhance performance, recovery, & wellness.
- Preparations for outdoor & premium events as the year progresses.

EXCELLENCE IS A DAILY CHOICE

February reminds us that discipline, respect, & consistency are the building blocks of sustained success.

Fast Fit continues to deliver not just training, but a culture of excellence, guiding members to make every day count, in fitness & in life.

ACHIEVEMENTS

Fast Fit: Leading EMS Fitness in Saudi Arabia 2025

We are proud to announce that Fast Fit has been recognized by Brands Review Magazine as the Best EMS (Electrical Muscle Stimulation) Fitness Company in Saudi Arabia 2025.

This award highlights our ongoing commitment to innovation, excellence, & measurable client results. It is a testament to the hard work, dedication, & expertise of our entire team — from our trainers on the floor to the teams supporting operations behind the scenes.



Largest EMS Fitness Provider in the Middle East for 2025



We're proud to announce that Fast Fit has been recognized as the Largest EMS Fitness Provider in the Middle East for 2025 by World Business Outlook!

This achievement reflects the dedication, passion, & hard work of our incredible team - from our trainers empowering clients in every session to the teams supporting operations behind the scenes.



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offers, & wellness insights:



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info@fastfit-ems.com



www.fastfitems.com

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