Feasibility Plan of

STAND Up Ladies Club
time in a good and batter way. Often these women become tired from their daily routine work. For this purpose we introduced this venture in the commercial area of Shah Rukn Alam Colony Multan.

We are providing gym facility in which we introduced Rowing machine, treadmill, bumper plates, spin bike, Medicine balls, preacher bench, handgrip exerciser, stair stepper, leg press machine and horizontal seated lags press for those women who feel depression for her body fat now a days and that can make the women physically fit, active and strong.

We are giving a service of indoor swimming pool for the leisure and recreation of women which can keep themselves fit, healthy by reducing blood pressure and can increase their muscle mass. We are introducing high quality and up-to-date equipment for swimming and highly trained staff. We have also a facility of different games like archery that can improve the mental health. There is also a separate portion for indoor games such as badminton, squash, tennis, table-tennis and cycling games that can be helpful in reducing stress and anxiety and in boosting self-confidence. For this purpose we have vast play grounds and cycling tracks.

We also introduced a separate portion for sound proof room in a better and impressive way in which we have a fine quality buffer for music, where the interested listener can enjoy her interested audio without any disturbance which also has all kind of modern musical instruments.

There is also a library for book lovers in which various kinds of books and magazines are available. There is a separate area for study. We introduce a kid-zone for those women who cannot go out because of their kids. In this way their kids can also do whatever they want to do according to their interest. We have provided fully energetic staff having a lot of energy and enthusiasm to treat and guide in a better and impressive way than our other competitors. There is a cafeteria where properly hygienic and high quality of food is available. There is need of security for building, for this purpose there is well-trained security guard. We also used high technology cameras for security.

We fully realize that most of the women cannot go out due to non-availability of conveyance. For such women we are providing the pick and drop facility. We understand that many families in our society do not allow their ladies to use public transport. So we are providing our pick and drop service for which female drivers will be hired to solve their problem and for security purpose as well. We also have facility of medical center in case of any injury or emergency situation. These are the list of our services that we will provide in Stand up ladies club to compete our competitors already present in the market.