



PARK PLAZA
RESIDENCES
MURUJ



BUILDING DETAILS
— OF LIFE —



About us

Founded in 1986, Mimary Group has spent nearly 40 years at the forefront of Real Estate Development, Contracting, and Construction in Egypt. Over these four decades, we have established ourselves as one of the largest and most trusted names in the industry.

We specialize in creating high-end residential, commercial, and touristic projects in prime locations, offering unique designs and exceptional value. Our focus is on delivering developments that enhance the lifestyle and wellbeing of our clients while ensuring solid returns on their investments.

Guided by our motto, "Building Details Of Life," we prioritize quality, security, and comfort in every project. With almost 40 years of experience, Mimary Group continues to lead with integrity, innovation, and a strong commitment to customer satisfaction.





مجموعة المعماري
Mimary Group

PREVIOUS PROJECTS

After 40 years of hard work and commitment,
Mimary Group has become one of the largest groups
in its field in Alexandria.



Montaza Residential Complex ● El Mimary Towers Roshdy ● Tharwat Center ● Sporting Center
Rehana Hanouville ● Concord Center ● Business Men Center Roshdy ● White House Smouha
Panorama Sidi Gaber ● Wabour El Maya Building ● Pent House Kafr Abdou ● Roshdy House
The Forum Downtown

Mimary Group
in Numbers







PARK PLAZA
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FINE LIVING IN THE
HEART OF ALEXANDRIA



نبذة عن مروج

ينطلق المشروع بالشراكة بين الهيئة الهندسية للقوات المسلحة وكبار شركات الاستثمار العقاري بالاسكندرية , الحي مخطط بمساحة 182 فدان ، بترخيص من القوات المسلحة، التي بدورها قائمة على ضمان التنفيذ وموعد التسليم ، المشروع يحتوي على 12,000 وحدة سكنية تتنوع بين شقق وفيلات وتاون هاوس وتوين هاوس لأول مرة في قلب سموحة و يحتوي المشروع على خدمات مميزة ، جامعة ومدارس دولية و نادي رياضي للحي ومستشفى ومول تجاري ، الحي مصمم وفق اشتراطات البناء الجديدة التي تراعي المساحات الخضراء والطرق الواسعة ومساحات جراجات و انتظار كبيرة ، أمن وحراسة خاصة للحي.

مبادرة السيد رئيس الجمهورية

باشتراك المجتمع المدني في أعمال التطوير و البناء
إشراف الهيئة العامة الهندسية للقوات المسلحة



Muruj's location is perfectly central to all destinations you commute to daily.





SMOUHA CLUB

MAHMOUDIA ROAD



NEW ALEXANDRIA UNIVERSITY

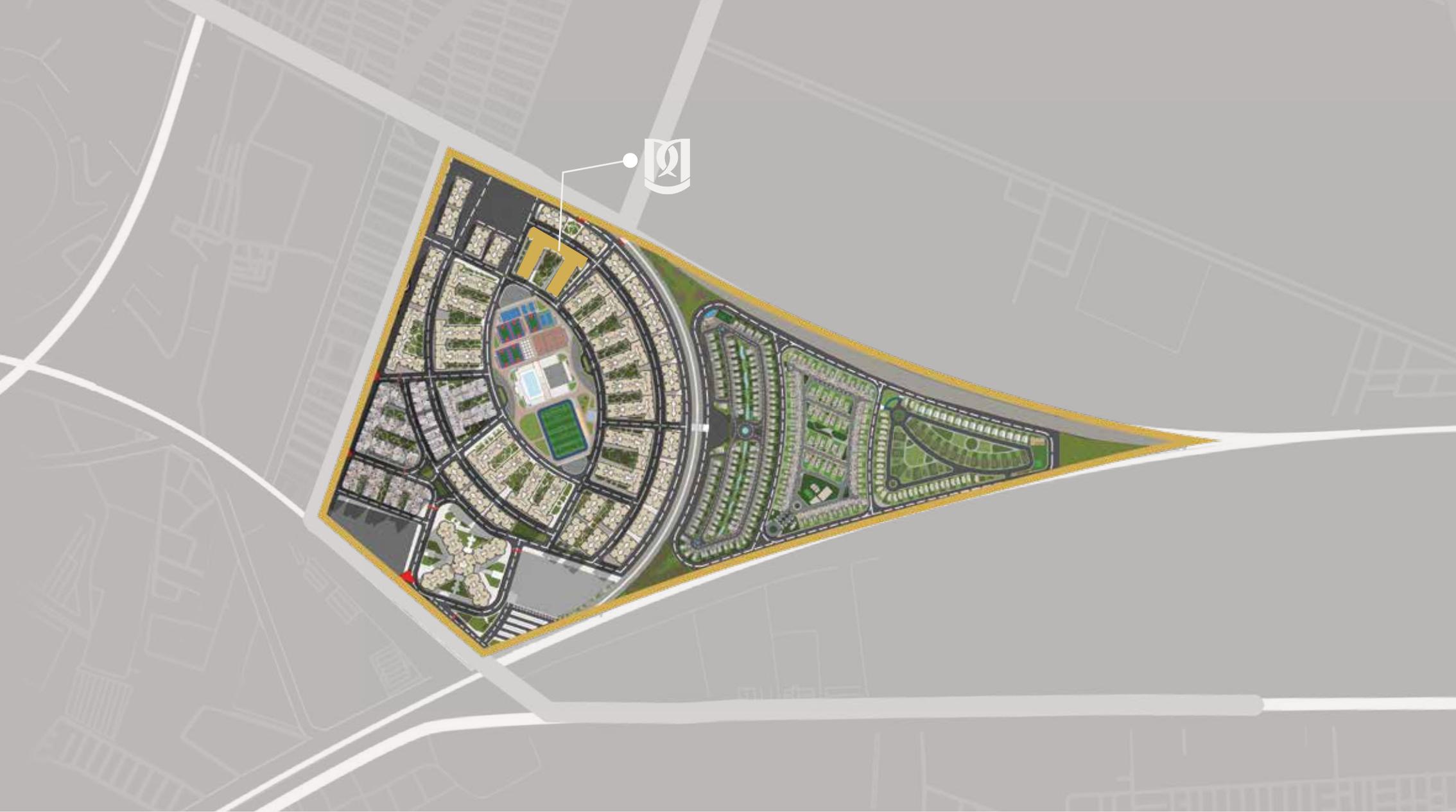
14TH OF MAY ROAD

PHAROS UNIVERSITY

GREEN PLAZA

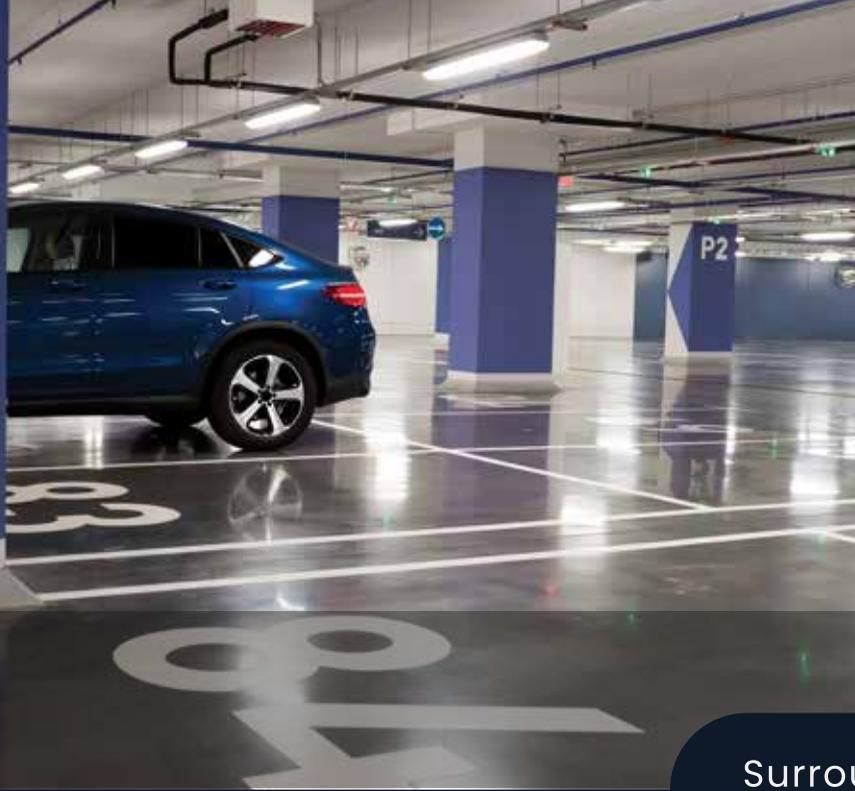
NEW SPORTING CLUB

AGRICULTURAL HIGH ROAD



Everything
Minutes
Away

Muruj is a gated community, that was planned to enhance the life of it's residents. Residential units are surrounded by green spaces and amenities.



Parking



Sporting Club

Surrounding Amenities



Gated Community



Retail

Overlooks
Largest Plaza
in Muruj

← 50
M →





PARK PLAZA
RESIDENCES
MURUJ

Serviced Apartments by ABC Hotels



Housekeeping and
Cleaning



Laundry and
Dry Cleaning



Property
Maintenance



Concierge
Services



Digital Concierge
Services through
Mobile App

Property management is the process of overseeing and organizing all aspects of real estate, whether residential or commercial. Its goal is to ensure the smooth and efficient operation of properties while maintaining the highest standards of quality. This process includes a range of integrated services to ensure the comfort of residents and the satisfaction of property owners.



ABC HOTELS



Luxurious
Entrance





Luxurious
Entrance





Membership
Clubhouse





Clubhouse





Clubhouse







BOXING

Exclusive
world-class
Membership
GYM





TOP 20
PSYCHOMETRIC EXERCISES

EXERCISE	REPS	SETS
1. Push-ups	10-15	3
2. Squats	10-15	3
3. Lunges	10-15	3
4. Planks	30-60	3
5. Deadlifts	5-10	3
6. Bench Press	8-12	3
7. Pull-ups	5-10	3
8. Kettlebell Swings	10-15	3
9. Dumbbell Rows	8-12	3
10. Core Exercises	10-15	3
11. Box Jumps	5-10	3
12. Burpees	5-10	3
13. Mountain Climbers	30-60	3
14. High Knees	30-60	3
15. Jump Squats	10-15	3
16. Side Planks	30-60	3
17. Russian Twists	10-15	3
18. Bear Crawls	30-60	3
19. Fire Hydrants	10-15	3
20. Glute Bridges	10-15	3





EXERCISES

PHASE 1: BEGINNER	PHASE 2: ADVANCED
1. CARDIO	1. HIIT
2. STRENGTH	2. FUNCTIONAL
3. FLEXIBILITY	3. CORE
4. BALANCE	4. ENDURANCE
5. SPEED	5. AGILITY
6. COORDINATION	6. CLIMBING
7. CRAWLING	7. JUMPING
8. SLIDING	8. PUSHING
9. PULLING	9. CARRYING
10. TUGGING	10. DRAGGING

KEEP GOING

Nutrition



TOP 20 PLYOMETRIC EXERCISES

PHASE 1: FOUNDATION	PHASE 2: INTEGRATION	PHASE 3: "TRIE" PLYOMETRICS	PHASE 4: ADVANCED
ESTABLISH THE BUILDING BLOCKS OF PLYOMETRIC TRAINING	INTRODUCE UNIDIRECTIONAL REACTION TIMES AND ADD COMPLEXITY	INTRODUCE THE SWITCH COMPONENTS FROM TO GOING TO GOING	EMPHASIS ADVANCED CHALLENGES TO REACTION TIMES
10M JUMP	10M HORIZONTAL JUMP	10M JUMP	10M JUMP
LOW DEPTH JUMP	10M JUMP	10M JUMP	10M JUMP
10M JUMP	10M JUMP W/ 10M JUMP	10M JUMP	10M JUMP
10M JUMP	10M JUMP	10M JUMP	10M JUMP
10M JUMP	10M JUMP	10M JUMP	10M JUMP

ALL: BI-LATERAL BEFORE UNI-LATERAL, LINEAR BEFORE LATERAL, SINGLE RESPONSE BEFORE MULTIPLE RESPONSE, LOW BEFORE HIGH OCCUPANCY DEMAND

KEEP
ON
GOING



Park Plaza
in Numbers





13,777m²
Land
Size



57%
Build up
Area



630
Total
Units



**End of
2026**
Expected
Handover



Finishing





RECEPTION





MASTER BEDROOM





KITCHEN





BATHROOM







© interface
creative agency



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Mimary Group

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