



SHAPE UP

PERSONAL TRAINING

Book one of our in-house personal trainers to keep you motivated

IN-HOUSE GUESTS

1 Session • 300

10 Sessions • 2500

20 Sessions • 3500

NON-RESIDENT GUESTS

1 Session • 350

10 Sessions • 3000

20 Sessions • 5000

EXTERNAL TRAINER

1 Session • 80

IN-ROOM TRAINING

Shape up from the comfort of your suite with one of our expert trainers.

Enjoy a complimentary detox smoothie after your workout

1 Session • 500

YOGA

Yoga Flow Classes

7:30am Mon - Sat

Group Class • 120

Private Class • 595

Private Sound Healing • 595

ICE THERAPY

1 Session • 145

5 Sessions • 580

10 Sessions • 1155

INBODY ASSESSMENT

Track your progress with a complimentary InBody scan

To book Personal Training or Ice Therapy, call +971 55 325 9042 or +971 58 209 9029



GYM DAY PASS

Indoor Gym + Terrace Gym + Spa pool access • 195

Complimentary Body Assessment

MEMBERSHIP

6 MONTH 9850

Full body assessment

Welcome pack

Full gym access with terrace

Spa pool access

3 Complimentary guest visits

2 Complimentary group classes

2 Complimentary ice
therapy sessions

2 Complimentary personal
training sessions

Complimentary 60-minute massage

15 % Off on spa treatments

15 % Off on food & beverage
(for up to 6 guests)

12 MONTH 13850

3 Full body assessment

Welcome pack

Full gym access with terrace

Spa pool access

5 Complimentary guest visits

5 Complimentary group classes

5 Complimentary ice
therapy sessions

5 Complimentary personal
training sessions

Complimentary 60-minute massage,
facial and hammam

20 % Off on spa treatments

15 % Off on food & beverage
(for up to 6 guests)

Opening Hours

The Gym is open to guests 24 hours daily.

Kindly note The Gym is not supervised from 10pm - 7am.