FITNESS & WELLNESS

The fitness and wellness centre is equipped with state of the art results-oriented fitness equipment targeted to achieve your wellness goals. Our team of dedicated professionals will cater to all levels of expertise, experience and current conditioning in a luxurious wellness environment.

CARDIOVASCULAR MACHINES

- Treadmills
- Elliptical Cross-Trainers
- Bikes
- Upright Bikes
- Concept Rower

STRENGTH EQUIPMENT

- Chest Press
- Shoulder Press
- Vertical Traction
- Lea Extension
- Low Row
- Lat Machine
- Leg Press
- Leg Curl
- Abductor/Adductor
- Lower Back

FLEXIBILITY EQUIPMENT

- Anterior
- Posterior

KINESIS

A cutting edge modular cable device system makes the Kinesis unique. The 360-degree system ensures a rectilinear, diagonal and circular action to work on several muscle groups across a range of levels. This helps to create strength, flexibility and stability with over 250 exercises and movements to choose from.

ARKE CORE CENTRIC TRAINING STATION

Arke Core Centric Training method helps achieve optimum physical fitness and ensures excellent results quickly. The diverse and progressive tools make it suitable for all users to develop free movement and functionality of their bodies over time, focusing on increasing;

- Coordination & Flexibility
- Balance & Stability
- Strength & Speed
- Agility & Reaction Time
- Cardiovascular & Respiratory Capacity

IN-BODY COMPOSITION ANALYSIS 15 minutes

In-Body accurately measures your current body condition including the following:

- Body Composition Analysis indicates your current health condition (including total body water, soft lean mass, free fat mass and weight).
- Muscle-Fat Analysis provides skeletal muscle mass and body fat mass
- Obesity Diagnosis measures body mass index (BMI), percentage of body fat and waist-to-hip ratio.
- Muscle Analysis measures muscle development of arms and legs, as well as soft lean mass analysis
- Body shape graph and body typing
- Nutritional evaluation
- Weight Control identifies target weight, body fat control and lean muscle control

FITNESS AND WELLNESS ASSESSMENT 1 hour

Allowing our specialist instructors to obtain objective information on your current level of fitness. This will be achieved through assessment of your vital signs, flexibility, cardio endurance and body measurements. This assessment combines with the In-Body Composition Analysis and a 30-minute Personal Training session allowing for a customised program to be developed tailored to your body's unique characteristics.

PERSONAL TRAINING 1 hour

Whatever your goal, be it to improve overall fitness and wellness, improve endurance or to gain guidance with a lifestyle change, our specialised instructors will work with you to ensure that you focus on appropriate exercises to gain optimal results and to help you to reach your potential. All Personal Training will be customised to suit the individual to ensure that your fitness and wellness needs are met. This may include any of the from Circuit Training, Kinesis training, Akre Core-Centric Training, Boot Camp Fitness, Ab's & Stretching, Coastal Jogging, Cardio Swim Training, Basketball or Tennis workouts.

PILATES / YOGALATES 1 hour

Our dedicated Pilates specialists are here to offer private reformer or mat Pilates training to all levels. Techniques are customised to the specific needs of each guest and through precise and controlled movements, weaknesses and postural misalignments will be identified and worked through. Personalised programs will help to tone muscles, increase flexibility and improve core stability (essential for managing back pain and other injuries). Taster weekly mat Pilates classes are also available to guests new to Pilates. Yogalates (a fusion of Yoga and Pilates) is also offered by our specialist instructors to bring greater awareness to the body and develop it in a balanced way.

YOGA 1 hour

Awaken your inner senses with this ancient Indian practice of mind, body and spirit. Our specialist yoga instructors will customize your sessions and through a sequence of poses helping to cleanse, purify and energise. The power of the breath helps with meditation and self-reflection, while the movements build body awareness, balance,

muscular control resulting in a very holistic physical conditioning, and a sense of stillness. Customised yoga tuition with our instructor will ensure you get the most out of each session, however Yoga classes for all levels are also available in either our studio or on the olive tree lawn throughout the week.

RELAXATION / MEDITATION 45 minutes

Eastern breathing and meditation techniques will be taught by our professional instructors to help guests find stillness of the mind amidst our ever-demanding schedules. Meditation is an internal practice which requires perseverance, therefore, we encourage you to have regular sessions with your practitioner to help keep you focused on your introspection.

ASSISTED STRETCH 45 minutes

After any fitness or wellness session it is important to stretch and relax. Our specialist team has developed a unique Asian-inspired stretch combination to revitalise you at the end of your workout sessions. Receive a one-on-one stretch by your fitness and wellness professional that will help to increase your suppleness and further alleviate muscular aches and pains.

FITNESS AND WELLNESS CLASSES

Please ask our spa and fitness professionals about the varied range of fitness and wellness classes that are available to help you to relax and enjoy your time with us and for you to achieve your wellness goals on selected mornings and evenings during the week.

Please be advised that all fitness and wellness services must be booked in advance through our Spa Concierge on level 0 or by calling Ext: 72.

