



Aquafit Float

Improve your fitness levels with our new Aquafit Float class, a fun new full-body workout that focuses on balance and movement to strengthen your core. Guided by our fitness experts, this unique 60-minute workout is conducted on mats floating in the water, to promote core strength, endurance and flexibility.

Tuesdays – 2pm to 3pm / Thursday – 5pm to 6pm

HKD400 per person (for spa members and in-house guests)

HKD900 per person (for non-members, a day pass to the facilities is included)

For more information and reservations, please call +852 2825 4903
or email mohkg-fitness@mohg.com.

