

FITNESS & WELLNESS

YOUR GUIDED FITNESS JOURNEY

At our state-of-the-art Fitness and Wellness Centre, you'll have access to the latest Technogym equipment and expert guidance from our certified instructors. We offer personalised lifestyle consultations to create tailored fitness and wellness programmes that cater to your unique needs and goals.

Choose from a variety of classes, which can be taken independently or with the guidance of our instructors through private training sessions. Our expert trainers will work with you to develop a customised plan that suits your lifestyle and preferences.

We also offer an outdoor class studio, where you can experience a range of classes and activities amidst an oasis. From yoga to Pilates, and group fitness classes, our outdoor space provides a unique and invigorating environment to challenge yourself with memorable mountain views in the backdrop.

BODY & MOBILITY ANALYSIS

30 minutes

Our comprehensive Body and Mobility Analysis is designed to assess your overall health and physical fitness level. This thorough evaluation includes a range of tests that measure your strength, endurance and flexibility.

Our Body Composition Analysis provides a precise measurement of your body's composition, including:

- Muscle to Fat Analysis: A detailed breakdown of your muscle and fat mass
- BMI: A calculation of your body mass index
- Muscle Analysis: An assessment of your muscle mass
- Body Shape Graph: A visual representation of your body shape
- Body Typing: A classification of your body type
- Nutritional Evaluation: A personalised assessment of your dietary needs
- Weight Control: A comprehensive analysis of your weight management

MOVEMENT

INTELLIGENT MOVEMENT

1 hour

Intelligent Movement looks to support guests whose posture and mobility is compromised by a tech-driven lifestyle that leads to a head-forward posture, internally rotated shoulders, anterior pelvic tilt and tight hamstrings. The treatment focuses on releasing trigger point release work, deep muscle manipulation, and stretching and elongation of the muscles, all designed to soften, release tension, and aid in increased mobility in the body.

PERSONAL TRAINING

1 hour

Our team of experienced trainers have a deep understanding of Fat Loss, Body Sculpting, and Corrective Exercise. Designing personalised training sessions and classes tailored to your unique needs and goals, helping you achieve optimal wellness and fitness.

YOGA

Whether you're a beginner or seeking to enhance your yoga practice, our one-on-one sessions offer expert guidance to help you achieve your goals. From Vinyasa flow to Hatha body awareness, choose the style that resonates with you and discover the transformative benefits of yoga.

BARRE

1 hour

A tailor-made fitness class personalised to your unique needs. Our instructors will guide you through a customized 1-hour workout, providing real-time feedback and adjustments to optimize your progress. This private session allows us to target specific exercises to improve strength, flexibility, and posture, ensuring efficient and long-term results.

MOBILITY

YOGA SESSIONS

Elevate your practice with our personalised yoga sessions, designed to awaken your inner senses and harmonize your body, mind, and spirit. Guiding you through a customised sequence of asanas, balancing relaxation and revitalisation. As you stretch and unwind, you'll cultivate a deeper connection to yourself, while enhancing body awareness, balance, and muscular control.

YANG TO YIN: HARMONY IN BALANCE

1 hour

Experience the perfect balance of vitality and serenity with our One-to-One Yang to Yin sessions. Starting with invigorating movements that ignite your inner energy, we'll gradually transition to tranquil, meditative poses that soothe away tension and leave you feeling serene. With personalised guidance, you'll discover a harmonious blend of strength and surrender, resulting in a sense of rejuvenation, grounding, and profound balance.

SPINAL HEALTH YOGA

1 hour

In our One-to-One Spinal Health Yoga sessions, we will guide you through a programme designed to nurture your spine's health and wellbeing. Gentle stretches, strengthening poses, and mindful movements will help to improve flexibility, reduce tension, and promote optimal spinal alignment. With individualised attention and care, you'll experience greater comfort, mobility, and vitality in your spine, leading to enhanced overall physical well-being and a happier, healthier you.

TRANSFORMATIVE ASHTANGA YOGA

1 hour

Embark on a journey of self-discovery and physical transformation. With personalised guidance through the traditional Ashtanga practice, synchronizing your breath with a dynamic sequence of poses that will challenge and nourish your body and mind. With a focus on breath, bandha, and drishti, you'll experience increased physical strength, flexibility, and mental clarity as you progress through the practice at your own pace. Cultivate discipline, focus, and self-awareness through this powerful and transformative practice, tailored to support your individual growth and wellbeing.

HATHA YOGA

1 hour

Hatha Yoga serves as a fundamental and nurturing style of yoga, placing emphasis on the alignment of physical postures and breath regulation to establish harmony between the body and mind. This gentle practice unfolds at a relaxed pace, centered around the art of holding poses to enhance flexibility, build strength, and promote deep relaxation.

VINYASA FLOW

1 hour

Vinyasa Yoga is a dynamic and flowing style of yoga where movement is synchronized with breath. It is defined by the graceful flow between poses, resulting in a continuous and invigorating practice. Vinyasa presents a rich tapestry of postures, fostering strength, flexibility, and mindfulness with every flowing transition.

MINDFULNESS

GUIDED MEDITATION

1 hour

This guided meditation session is ideal for guests seeking to establish a regular meditation routine. Through targeted guidance and personalised approaches, it aims to alleviate stress, enhance relaxation, and cultivate a deeper sense of mindfulness on an individualized basis.

SOUND HEALING

1 hour

Embark on a transformative sound healing journey that harmonizes your body and mind. As you surrender to the soothing tones, you'll be transported to a state of deep relaxation. This immersive experience will also stimulate your body's natural functions, improving circulation and blood flow, as well as boosting your immune system.

CRYSTAL HEALING THERAPY

1 hour

Experience the transformative power of crystal healing therapy in a personalised one-to-one session. Our practitioner will carefully select the most suitable crystals to address your unique needs. Through a tailored approach, combining focused attention and customised techniques, we aim to rebalance your energy, reduce stress and anxiety, and promote overall well-being.

QI ACTIVATION

1 hour

In traditional Chinese Medicine (TCM), Qi is the life force or energy that flows through every individual, uniting the body, mind, and spirit. It's the very essence of one's true self, encompassing both physical and spiritual well-being. Achieving balanced Chi is a state of profound serenity, where the mind, spirit, and body are in perfect harmony.

FITNESS FACILITIES

SQUASH COURT

1 hour / 1 hour 30 minutes

Squash emerges as a holistic fitness regimen with benefits stretching far beyond the court. From enhancing cardiovascular health and muscular strength to refining balance, coordination, and mental well-being, squash offers a comprehensive approach to physical fitness.

Equipment and amenities are provided. A 24 hour advance booking is recommended.

GROUP CLASSES

Please consult with our Spa Concierge for information on our daily fitness and wellness classes. Our offerings include a variety of options, such as Yoga, Barre sessions, and other innovative programs aimed at enhancing relaxation and helping you achieve your fitness and wellness objectives during your stay with us.

TERMS & CONDITIONS

OPENING HOURS

Fitness Centre Sunday – Saturday 7am – 8pm

CANCELLATION POLICY

Please allow 24 hours' notice of cancellation to avoid charges. Cancellations within 24 hours will incur 100% charge. A credit card number is required at the time of booking.

AGE REQUIREMENT

The minimum age requirement for access to the spa and fitness centre is 16 years of age.

ADVANCED BOOKINGS

We highly recommend booking your fitness and wellness services in advance to ensure that your preferred time and service is available. Please provide The Spa Concierge with valid credit card information and contact details to secure the reservation.

GIFT CARDS

Our gift cards are an ideal gift and are available online at <http://www.mandarinoriental.com/gift-cards/> and at The Spa concierge desk.

