

FITNESS & WELLNESS

The Fitness & Wellness Centre is equipped with new generation Fitness & Wellness equipment that is time-efficient and results oriented. Our supreme and luxurious wellness environment and dedicated team of wellness professionals can help fulfill your fitness goals. Catering to all levels of expertise, experience and current conditioning, our services will help you attain your best form.

CARDIO MACHINES

- Treadmills
- Cross Trainers
- Elliptical Cross Trainers

STRENGTH EQUIPMENT

- Total Abdominal
- Chest Press
- Shoulder Press
- Vertical Traction
- Upright bikes
- Recumbent bikes
- Rowers
- Leg Curl
- Leg Extension
- Adjustable benches with full range of free weights

FLEXIBILITY EQUIPMENT

- Anterior
- Posterior

KINESIS

A modular cable device solution with a cutting edge characteristic 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 creates stability, strength and flexibility with over 250 exercises and movements to choose from.

WELLNESS SYSTEM

With Wellness System's sophisticated computerized technology, our fitness and wellness instructors can identify and set fitness goals, assess your fitness level and design your customised training programme. Information is stored in a Wellness Key, supplied to you when you book a series of personal training sessions.

MAYAFIT TRAINING STATION

The latest in digital personal training with programmes for cardio fusion, strength fusion and yoga fusion, Maya ensures you keep motivated whilst ensuring a technically perfect workout.

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 makes it suitable for all user groups 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

BODY COMPOSITION ANALYSIS

15 minutes

The body composition analyser accurately measures and reads your current body condition, and provides a benchmark to work from when improving overall health:

- Body Composition Analysis – indicates current health condition, including total body water content, soft lean mass, fat free mass and weight.
- Muscle to Fat Ratio – provides skeletal muscle mass and body fat mass.
- Obesity Diagnosis – measures body mass index (BMI), percent 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.

FITNESS ASSESSMENT

1 hour

Obtain objective information on your level of fitness through assessment of your vital signs, flexibility, cardio endurance and body measurements. Combine this with Body Composition Analysis and a 30-minute Personal Training session, and allow our instructors to develop a suitable programme, tailored to your body's unique characteristics.

PERSONAL TRAINING

1 hour

Whatever your goal, be it improved overall fitness and wellness, improved endurance or change in lifestyle, our fitness and wellness instructors will work with you, ensuring you focus on appropriate exercises to gain optimal results and help you reach your potential.

FITNESS CLASSES

1 hour

Classes will include Tai Chi, Yoga, Floor Pilates, Core Centric and Fusion Fitness – a combination of Martial Arts, Kung Fu and Boxing. Private and semi-private classes (for 2 people) are also available.

*Please see weekly class schedule.

SWIMMING POOL

The stylish indoor heated 25 meter swimming pool caters to both leisure and swimming enthusiasts, while the Vitality Pool and wading pool is a more relaxing option. Spa Cuisine and healthy juices and protein drinks are served on the Pool Deck to replenish energy and vigour.

SWIMMING LESSONS OR SWIMMING COACHING

1 hour

For beginners, our swimming instructors put you at ease and teach you to swim at your own pace, with the goal of swimming 100-200 meters comfortably. Feel confident as you learn sculling, body orientation, underwater skills, movement and swimming strokes. Swimming coaching is for beginner to intermediate levels to improve and build your stroke and breathing techniques.

PERSONAL AQUATIC TRAINING

1 hour

Aquatic immersion exercise has shown to be beneficial in the management of those suffering from weight-bearing musculoskeletal problems such as knee, hip, lower back, shoulder and neck pain as well as hypertension, headaches, muscle stiffness, anxiety, stress and fatigue. Our swimming instructors can assist with a combination of aquatic training techniques to help recovery, rehabilitation and general fitness.



The Spa at Mandarin Oriental Pudong, Shanghai

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