



## FITNESS & WELLNESS MENU



## FITNESS CENTRE

Boost your metabolism, gain body strength, reduce body fat, increase cardiovascular fitness and improve mobility and flexibility. Our personal trainers will provide you with endless individualized training options to help you reach your goals and enhance your health and fitness development.

### PERSONAL TRAINING

60 mins

Our qualified fitness instructors will work with you to motivate and assist you achieve your personal health and fitness goals, whether they are cardiovascular fitness, advanced strength, flexibility and/or weight loss. The first session will begin with a fitness evaluation.

### BEACH BOOTCAMP

60 mins

Get motivated with a fun and ferocious outdoor workout that incorporates a variety of drills to develop speed, agility and strength. Intense interval training dramatically improves fitness, while working out in the sun and sand provides a fantastic environment for primal movement and grounding with a healthy dose of Vitamin D.

### BOXING

60 mins

Boxing provides a high-intensity, power routine that requires focus and determination. Achieve optimal physical fitness while sculpting your arms, core and legs. Great for anyone who needs to burn off calories, lethargy or frustration.

### TRX TRAINING

60 mins

TRX training meets you where you are and takes you where you want to go. It blurs the lines between training and play, strength and flexibility, and empowers you to be better at what you love. TRX uses equipment and movements that challenge the entire body in every plane of motion for continual evolution.

### AQUA COACH

60 mins

Water provides a low-impact resistant environment, making it very effective for total body conditioning, rehabilitation and anyone with injuries or limitations. If you are committed to staying fit despite injuries, have never learned to swim or would like to improve your swimming technique, this coaching is ideal.



## WELLNESS PROGRAM

Mindfulness reduces stress, improves sleep and cognitive function and balances the emotions. Under the guidance of intuitive practitioners and using our beautiful outdoor environment, we invite you to reconnect and gain wealth on your health.

### A DAY OF WELLNESS

#### AGE REVERSAL

Morning

- Stretching 60 mins
- Healthy Juice from Glow

Afternoon

- Caviar & Algae Facial 90 mins
- Healthy lunch at Glow

#### HEALTHY LIFESTYLE

Morning

- Wellness Exercise. Choose from Sunrise Yoga, Pilates or Tai Chi 60 mins
- Healthy Juice from Glow

Afternoon

- Element Aroma Massage 90 mins
- Healthy lunch at Glow

#### DE-STRESS & SLEEP THERAPY

Morning

- Sunrise Yoga 60 mins
- Healthy Juice from Glow

Afternoon

- Muscle Relaxation Massage 90 mins
- Brilliance Facial 30 mins
- Healthy lunch at Glow

#### WEIGHT MANAGEMENT

Morning

- Personal Training 60 mins
- Healthy Juice from Glow

Afternoon

- Macadamia and Papaya Body Polish 30 mins
- Target Body Treatment by LPG 60 mins
- Healthy lunch at Glow



## PRIVATE WELLNESS ACTIVITIES

### MEDITATION

60 mins

Slowing the mind has a profound effect on wellbeing, relieves anxiety and improves stress resilience. Restore a sense of balance and peace with the help of a guided meditation. This mindfulness practice is for those who would like to learn about meditation in its many forms, as well as for those who appreciate the guidance of an experienced practitioner.

### YOGA

60 mins

Weaving breath, movement and meditation through a sequence of postures, yoga leaves you with a sense of grace and gratitude. Set in the fresh air amid the beauty of our natural environment, this is a wonderful place to learn yoga or to work on your own practice with an expert. The class can be adapted to suit your level and can be relaxing or invigorating.

### PILATES

60 mins

Pilates improves overall flexibility, lowers stress levels, flattens your stomach and trims your waist by strengthening your natural core. A floor-based exercise that strengthens and lengthens the muscles, learn to breathe and hold the proper posture to achieve overall wellness.

### STRETCHING

60 mins

Breathe your way to a more flexible body with a gentle stretch class that will release tension and induce relaxation to increase muscle flexibility and/or improve joint motion. This is an excellent and necessary complement to all other forms of sport.



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