



# FITNESS MENU

# TRAINING SESSIONS

## PERSONAL TRAINING SESSION

(60 minutes)

One-on-one personalized training session designed to help you achieve your fitness goals, whether it's strength training, weight loss, or general wellness.

Price:

AED 400 per person / AED 600 per couple

## SESSION QUICK FIT PACKAGE

Perfect for guests staying for a short period. This package includes 3 personalized training sessions, focusing on high-impact workouts to maximize results in a short time.

Price:

AED 1.050 per person / AED 1.500 per couple

## SESSION INTENSIVE FITNESS PACKAGE

For guests looking to maintain or jumpstart their fitness during their stay. This plan includes 5 sessions tailored to the guest's preferences, whether it's strength training, boxing, or high-intensity interval training (HIIT).

Price:

AED 1.500 per person / AED 2.250 per couple