

FITNESS CENTER AND RECREATION


The Fitness Center is located north of the Island behind the poolside bar. Our personal trainer will create a program tailored to your abilities and goals. Our range of Precor gym equipment will allow you to experience cardiovascular workouts, build or tone your muscle using the weight machine and free weights.

Our resident yoga guru will be available throughout the week and allow you to focus on strength, flexibility and breathing techniques for a healthier mind and body. We will also accommodate private yoga sessions on the beach upon request.

Arrive home feeling healthier and fitter by simply reviewing our bespoke exercise and wellness timetable.

GROUP EXERCISE AND WELLNESS TIMETABLE

SUN	MON	TUE	WED	THU	FRI	SAT
	6:30-7:00 Sun Salutation		6:30-7:00 Beach Power Walk		6:30-7:00 Sunrise Stretching	
10:00-11:00 Gentle Flow Yoga		7:00-7:30 Intro Couple Yoga		7:00-7:30 Intro Meditation		7:00-7:30 Morning Jogging
	10:00-11:00 Dynamic Flow Yoga		10:00-11:00 Gentle Flow Yoga		10:00-11:00 Hatha Yoga	
15:30-16:30 Meditation & Breathing Exercise		15:30-16:30 Hatha Yoga		10:00-11:00 Couple Yoga		10:00-11:00 Power Yoga
	16:00-17:00 Mother & Kids Yoga		16:00-17:00 Pilates		15:30-16:30 Meditation & Breathing Exercise	
17:00-17:30 Evening Run		17:00-17:30 Intro Pilates		17:00-17:30 Yoga Nidra		17:00-17:30 Sunset Yoga

 Complimentary Class  Group Class - Chargeable at USD 25++ per person per hour

CHARGEABLE ACTIVITIES

Gentle Flow Yoga:

Relaxing and de-stressing. This sequence is designed to introduce you to the flow yoga practice by providing gentler and modified versions of the poses. The sequence is simple and balanced in its variety.

Dynamic Flow Yoga

It is designed for everyone to discover their potential, step out of your comfort zone and test your strength, flexibility and stamina.

Power Yoga

This class is vigorous, fitness-based approach to Vinyasa yoga style, a challenging, flowing sequence of poses that wakes up your body, increases your heart rate and makes you sweat!

Hatha Yoga

A classic combination yoga posture designed to open the many channels of the body; especially the main channel, the spine, so that energy can flow freely.

Mother & Kids Yoga

A fun way to spend the quality time with your little ones for the ultimate bonding experience. Learn the stretching techniques and enjoy breathing exercise.

Meditation & Breathing Exercise

Enjoy an hour of silent seated meditation with minimal guidance. This class is a practice of concentrated focus upon a sound, object, visualization, breath, in order to increase awareness of the present moment.

Pilates

A method of exercise that consists of low-impact flexibility and muscular strength. This type of exercise is designed to develop core strength, stability, and connect your mind and body.

Group Classes	(60 minutes)	USD 25++ per person	
Personal Training	(60 minutes)	USD 70++ per person	USD 120++ per couple
Private Yoga	(60 minutes)	USD 75++ per person	USD 130++ per couple

COMPLIMENTARY ACTIVITIES

Sun Salutation

A warm up exercise which helps improve strength and flexibility of the muscles.

Sunrise Stretching

Start your day with thirty minutes of stretching. This class is designed to improve the elasticity of your muscles and restore and reaffirm comfortable muscle tone.

Morning Jogging

Kick off your day with the breathtaking view around the resort, get some morning fresh air while you are jogging around the beach in this tropical Island.

Beach Power Walk

A fast paced and enjoyable guided power walk along the beach.

Intro Meditation

This half an hour class is a grounding practice which helps you to know yourself better, and allows you to get a more relaxed and sounder sleep.

Intro Pilates

This class aims to improve flexibility and stability by strengthening the muscles and especially the torso-stabilizing muscles of the abdomen and lower back.

Yoga Nidra

Leave your day behind and start your relaxation with Yoga Nidra. Ideally for those who would like to release the dynamism of the mind, calmness and attend the peaceful state.

Intro Couple Yoga

This is the best way to spend quality time with your loved one. This class will build your strength together with your partner and allow to support each other in poses in a way that enhances the postures and builds trust for the couple.

Sunset Yoga

Enjoy the sounds of the crashing waves and let the beautiful sunset inspire you. This sunset yoga class is designed to acclimate your body and soul to the setting sun. Class begins with an energetic Vinyasa and ends in a calm and gentle flow.

Evening Run

A half an hour guided group running around the beach and over the water villa bridge. Enjoy the beautiful evening while you are running around the Island.

POLICIES AND PROCEDURES

- Please wear appropriate exercise clothing and sport shoes.
- Please arrive 15 minutes early for your scheduled appointment.
- Twenty four (24) hours prior reservation required for activity classes.
- Classes are subject to cancellation if there is no reservation.
- Some activities are subject to the weather condition.
- We request at least 6 hours notice for cancellations or rescheduling of appointments.
- A 50% cancellation fee will be applied for cancellation made less than 6 hours.
- A 100% no show fee will be applied for a missed session without notification.