

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 - 10:15 AQUA STRENGTH WEJDENE	9:30-10:15 AQUA AEROBICS WEJDENE	8:30 - 9:15 AQUASPRINT NEBOJSA	9:30-10:15 AQUA PILATES WEJDENE		8:30 - 9:15 AQUASPRINT NEBOJSA	9:30 -10:15 AQUA STRENGTH WEJDENE
		9:30-10:15 AQUA BOXING WEJDENE		9:00 - 9:45 AQUASPRINT NEBOJSA		
			10:00-10:45 BRAZILIAN GLUTES NEBOJSA	10:00-10:45 AQUA AEROBICS WEJDENE		10:30-11:15 PILATES WEJDENE
17:30 - 18:30 HIIT NEBOJSA	17:30 - 18:30 HIIT NEBOJSA					

Brazilian Glutes

A fun and effective workout that targets and tones your glutes, Get ready to sculpt a stronger , lifted booty with every sesion

AquaSprint

The latest revolutionary aqua exercise - a high intensity workout, but gentle on joints, burns calories and keeps you cool

AquaBoxing

Meant to improve strength and stamina, punching bags can strengthen cardiovascular and muscular endurance, while improving speed, agility and striking technique in one simple exercise

Gentle Yoga

A guided group exercise that focuses on lengthening and loosening the body's mucle groups, through a variety of postures such as back bends and splits

Hatha yoga

A practice that involves yoga poses, yogic breathing techniques and meditation

Pilates

A system of exercises designed to improve physical strength, flexibility and posture

AquaPilates

It is designed to increase flexibility, core strength, balance and stability. In addition to your heart and muscles, working out in water is also great for your internal organs and lymphatic system

Vinyasa

The sequential movement between postures, coordinated with and guided by deliberate breath

AquaAerobics

It gives you a good cardiovascular workout, gently increasing the pulse and breathing rate. It's great for helping to improve heart health. It strengthens and tones muscles.

AquaStrength

A circuit training program, utilizing waterbikes and other equipment in order to combine strength and cardio

HIIT

a form of exercise that alternates between short bursts of intense activity and periods of lower-intensity recovery or rest.

All classes are exclusively available to attendees aged 18 and above.

For more information and bookings, please call Health Club reception on 04 457 3330 or email: palm.healthclub@fairmont.com

CLASS PRICES : MEMBERS AED 55 | NON MEMBERS AED 75

SPECIAL OFFER PACKAGE: AED 400 (8 SESSIONS)

ZUMBA CLASS

JOIN NOW



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