



THE RITZ-CARLTON, DUBAI

## FITNESS CENTER



### Cardiovascular & Strength Training

- Treadmills
- Cardio bikes
- Stair climbers

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### Resistance & Weight Training

- Circuit training
- Free weights

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### Personal Training

- Workout assistance
  - Private training
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## Group Exercise

### SATURDAY

11 a.m. - 12 p.m.: Circuit \*\*

1 p.m. - 2 p.m.: Teen Fitness 13-16 years

### SUNDAY

9 a.m. - 10 a.m.: Pilates Tone

## **MONDAY**

7 p.m. - 8 p.m.: Nothing Monday

## **TUESDAY**

9 a.m. - 10 a.m.: Pilates

5 p.m. - 6 p.m.: Jr. Gym 7-12 years

## **WEDNESDAY**

5 p.m. - 6 p.m.: Teen Fitness 13-16 years

7 p.m. - 8 p.m.: Boot Camp \*\*

## **THURSDAY**

9 a.m. - 10 a.m.: \* TBT

## **FRIDAY**

11 a.m. - 12 p.m.: Boot Camp \*\*

1 p.m. - 2 p.m.: Jr. Gym 7-12 years

\* TBT = Total Body Tone: with TKO Cardio Pump Equipment

\*\* Shaded Boxes = Free Of Charge for Members & Hotel Guests:

\*\*\* Venue All Classes: Squash Court

- Group Exercise Class Options: Single session, Pack of 6, Pack of 12. Please see below

- For booking, contact the Spa Reception: 04 318 6184, or send mail:

spa.dubai@ritzcarlton.com

- Please settle Class Payment at the Spa Reception before the start of the class through the Pre-Paid Booking Sheet

- Please arrive 15 min in advance of the start of the class for preparation purposes

## **Member & Hotel Guests**

### **Adult Prices:**

1 session: 50 / Pr/S: 50

6 sessions: 225 / Pr/S: 37.5

12 sessions: 300 / Pr/S: 25

### **Jr./Teen Prices:**

1 session: 40 / Pr/S: 40

6 sessions: 180 / Pr/S: 30

12 sessions: 250 / Pr/S: 20.8

### **Non-Members**

#### **Adult Prices:**

1 session: 75 / Pr/S: 75

6 sessions: 360 / Pr/S: 60

12 sessions: 550 / Pr/S: 45.8

**Jr./Teen Prices:**

1 session: 65 / Pr/S: 65

6 sessions: 300 / Pr/S: 50

12 sessions: 420 / Pr/S: 35

All prices are in AED

Circuit: Class done w/ 30 seconds intervals: Circuit fashion full body workout; improves stamina & strength

TBT: Total Body Tone: TKO Cardio Pump a la 'Body Pump'

Pilates: Enhancing body awareness, strength, flexibility, coordination & stamina.

Pilates Tone: Same as Pilates, but a bit more focus on toning and strength

Core Strength & Stretch: Challenging you to the core, including improving flexibility

Boot Camp: Military Style Hardcore training to get your body working!

Jr. Gym & Teen Fitness: Age Group related workouts to improve body awareness

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## Additional Amenities

- Four tennis courts
- Two squash courts
- Two swimming pools
- 350 meters of private landscaped beach with surrounding gardens and pools