



//Sportive Moments//

//Yoga & Meditation

A Yoga exercise that focuses on developing strength, endurance and correct body alignment in addition to flexibility and relaxation – suitable for all fitness levels. Or just simply enjoy a peaceful meditation session!

Available daily upon request

US\$60 per person

US\$110 per couple per hour for private session



//Tennis & Squash

Two outdoor floodlit tennis courts and an air-conditioned squash court are available. Our coach is on hand as a playing partner or trainer should you wish to improve your game. Equipment is available for hire at our SPA reception. The courts are open daily from 7:00am to 9:00pm.

Available daily upon request.

Complimentary Playing & Equipment rental

US\$60 per person for a private lesson or hit partner

Above prices are subject to 10% Service charge & T-GST (Maldives Tourism Goods and Services Tax) of 3.5% will apply to all goods & Services. Activities are subject to prevailing weather availability. Prices may change without prior notice.

Valid from 1st May 2011 until 30th April 2012.



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//Fitness Centre & Gym

Individual Life Fitness cardio machines, weight machines and free weights are available at your disposal in our state-of-the-art gymnasium. A personal trainer is on hand to assist and develop a personalized program appropriate to one's fitness level. Open everyday from 7:30am to 8:30pm. Daily fitness programs are also available, including different classes. Complimentary facility

**US\$60 per hour for private sessions with
personal instructor**



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