

MAINTAIN A HEALTHY LIFESTYLE BY  
JOINING OUR INSPIRING PROGRAM AT  
THE MARADIVA FITNESS CENTRE.



Our fitness instructors are always on hand to offer friendly support and guidance.

## ENDURANCE TRAINING

Endurance training provides the base for training all energy systems. The specific adaptations of this training is to

- *Strengthen the joints and tendons*
- *Regulate blood pressure*
- *Overcome tiredness and stress*
- *Tolerate high level of lactic acid.*
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Our coach will be pleased assist in such activities like cardio training, jogging, intense walking, aqua gym, abdos training, kayaking.

## SWIMMING LESSON

Swimming is considered to be a healthy and relaxing activity. Suitable for both kids and adults to exercise, stretch and relax in our main pool with a fantastic view of the ocean.

Our coach will be pleased to assist in learning how to swim in a better way. A minimum of 3 sessions is needed.

## TENNIS LESSON

Tennis sport is a great benefit physically, mentally and emotionally. Suitable for kids and adults, our tennis coach is ready to assist for a professional tennis match or teach how to play tennis.

## AQUA GYM

Aqua gym is a rhythmic gymnastics performed in water.

This sport mainly:

- *Enhance tonus*
- *Burn excess fat*
- *Keep body balance*
- *Remedy agent for tiredness and stress*
- *Gain flexibility and ABDOS*

To work out, our coach proposes a one hour of a mixture of aerobic, anaerobic and boxing exercises.

## MASS MUSCULAR TRAINING

Fitted with a full range of state-of-the-art resistance equipment and interactive cardio vascular machines, our coach are ready for a mass muscular training program after a brief consultation.

The best way to gain muscle mass is to use free weights. Focus will be on compound free-weights exercises and lift heavy-challenging weights (hand and machine exercises). This will stimulate the largest amount of muscle fibres. Your body thus responds to this stimulus by increasing your muscles mass.

## BODY SHAPING

With our complete array of cardio machines including treadmill, stepper, cross trainer, weight machines, Swiss ball, free hand exercise, our fitness instructor will make '**GETTING IN SHAPE**' fun by designing a program that best suits your needs.

Other activities that may be added up are: Jogging to Tamarin Bay, Intense walking and stretching on jetty at sunset.

# PRICELIST

## **ENDURANCE TRAINING**

1 Session - 1400

3 Sessions – 4000

5 Sessions – 6000

## **SWIMMING TRAINING**

1 session - 1000

3 sessions -2500

5 Sessions 4000

## **AQUA GYM**

1 Session – 1000

3 sessions - 2500

5 Sessions – 4000

## **MASS MUSCULAR TRAINING**

1 session - 2000

3 Sessions – 6000 (Get complimentary 30 Min Spa Energising Back Massage with this package)

5 Sessions – 10000 (Get complimentary 50 Min Spa Energising Back, thigh and calf massage with this package)

## **BODY SHAPE TRAINING**

1 session - 2000

3 Sessions – 6000 (Get complimentary 30 Min Spa Energising Back Massage with this package)

5 Sessions – 10000 (Get complimentary 50 Min Spa Energising Back, thigh and calf massage with this package)

**All the above prices are subject to 15 % VAT.**