FITNESS ACTIVITIES

Exercise is a powerful mind-body medicine. Our wellness activities program offers a variety of exercise therapies to re-energise your body and boost overall health. Your personal fitness trainer will customise a training programme based on your goals, whether it is cardiovascular fitness, advanced strength, improved flexibility or weight loss.
Activities are complimentary for our in-house guests.

TUESDAY

Meditation Stretch
- Gym
- Lady
- 9:00 am - 10:00 am

Riptide Resistance
- Gym
- Gentleman
- 4:00 pm - 5:00 pm

Foot Volleyball
- Beach
- Gentleman
- 6:00 pm - 7:00 pm

WEDNESDAY

Pilates Paradise
- Gym
- Lady
- 9:00 am – 10:00 am

Sound Healing & Meditation
- Spa
- Lady
- 11:00 am – 11:30 am

Booty Blast
- Gym
- Gentleman
- 4:00 pm – 5:00 pm

Wave Warrior Workout
- Beach
- Gentleman
- 6:00 pm – 7:00 pm

THURSDAY

Ocean Flow Yoga
- Beach
- Lady
- 9:00 am – 10:00 am

Zumba Fiesta
- Gym
- Lady (Ladies Only)
- 2:00 pm – 3:00 pm

Sandy Sprint Circuit
- Beach
- Gentleman
- 6:00 pm – 7:00 pm

FRIDAY

Full Body HIIT Partner Workout
- Gym
- Gentleman (Mixed)
- 4:00 pm – 5:00 pm

Foot Volleyball
- Beach
- Gentleman
- 6:00 pm – 7:00 pm

SATURDAY

Sound Healing & Meditation
- Spa
- Lady
- 11:00 am – 11:30 am

Zumba Fiesta
- Gym
- Lady (Ladies Only)
- 2:00 pm – 3:00 pm

Infinite Tabata
- Gym
- Gentleman
- 4:00 pm – 5:00 pm

Seaside Strength Sculpt
- Beach
- Gentleman
- 6:00 pm – 7:00 pm

INFINITE TABATA

Is a variation of the traditional Tabata workout, where participants perform multiple rounds of the Four-minutes Interval training protocol in minimal rest in between providing a continuous and intense exercise session aimed at boosting endurance, calorie burn, and overall fitness levels

SUNRISE STRETCH

Gentle stretching exercises on the beach to awaken muscles and improve flexibility, perfect for starting the day feeling refreshed.

RIPTIDE RESISTANCE

High-intensity resistance training using resistance bands and bodyweight exercises, designed to sculpt and tone muscles while increasing strength and endurance.

BOOTY BLAST

Targeted lower body workout focusing on sculpting and tightening the glutes, thighs, and calves, incorporating plyometric exercises for an extra burn.

WAVE WARRIOR WORKOUT

Dynamic total body workout combining cardio intervals with strength training exercises, inspired by the movements of surfing to improve agility and core strength.

ZUMBA FIESTA

Energetic dance fitness party on the beach, featuring Latin-inspired rhythms and easy-to-follow choreography for a fun-filled cardio workout that feels like a celebration.

PILATES PARADISE

Mind-body workout emphasizing core strength, flexibility, and postural alignment, using controlled movements and breathing techniques to improve balance and coordination.

SANDY SPRINT CIRCUIT

Fast-paced circuit training session on the beach, incorporating a variety of exercises such as sprints, burpees, and agility drills to boost metabolism and burn calories.

SEASIDE STRENGTH SCULPT

Strength and conditioning class using a combination of bodyweight exercises and light weights, focusing on building lean muscle and improving functional fitness for everyday activities.

OCEAN FLOW YOGA

Gentle yoga practice by the shore, guided by the sound of ocean waves, promoting relaxation, stress relief, and mindfulness through breath-centered movements and meditation.

FOOT VOLLEYBALL

Friendly beach Foot volleyball tournament or casual game, promoting teamwork, coordination, and cardiovascular fitness while enjoying the sun and sand with friends or fellow guests.

FULL BODY HIIT PARTNER WORKOUT

Are you ready for a high-intensity interval training (HIIT) workout you can do with a workout buddy? This partner HIIT workout will challenge your cardiorespiratory fitness and muscular endurance – great for your heart and muscles!

QAR 250 Per hour

Personal training sessions

*Group Class Indoor Maximum 6 participants | *Group Class outdoor Maximum 10 participants