



# Fitness Centre

Stretch or swing. Lift or lunge.  
Jog or jump. No matter what  
type of workout you're in the mood  
for, we've got you covered.

*I let the mighty  
earth surround me,  
nourish me, content me...*



# JOALI

### REFORMER PILATES

Step into a world of exciting fitness with Reformer Pilates. These dynamic sessions blend strength, flexibility and precision on specialised Reformer machines, designed by Joseph Pilates himself.

Focus on core stability, build muscle tone and improve posture in a supportive and energising atmosphere.

These sessions are suitable for all levels, from beginner to advanced.



### MAT PILATES

Unroll your mat and discover the transformative power of Pilates. This holistic fitness approach blends strength, flexibility and mindful movement to sculpt a stronger, more balanced you.

Engage your core through a series of precise exercises that help to improve posture and body awareness. Whether you're a Pilates enthusiast or newcomer, our sessions welcome all experience levels. Personalised classes are also available.



### FUNCTIONAL TRAINING

Let every movement foster wellness! Going beyond traditional workouts, Functional Training focuses on real-life movements that enhance your daily activities.

Build strength, agility and flexibility through a series of innovative exercises. Designed to empower you with strength, mobility and balance for everyday life, this session is your key to creating a more vibrant, energetic self.

### BODY WEIGHT TRAINING

Unlock the power of your own body with this invigorating training session. Using only your own body weight to create resistance is an effective type of strength training and a good addition to any fitness regime.

With every push-up, squat and plank, you will learn to achieve fitness without using any special equipment. Harness the potential within yourself!



### PRE- AND POST-NATAL MOVEMENT

Embrace the journey to motherhood with special fitness sessions, expertly crafted to support you through pregnancy and beyond. Led by a certified instructor, these nurturing classes include gentle exercises tailored to your specific needs.

Mothers-to-be can cultivate strength, flexibility and peace of mind, while new mothers can focus on regaining strength, toning muscles and finding calm.

### PERSONAL TRAINING

Embark on a tailor-made journey to wellbeing. Your personal trainer begins by assessing your physical strengths and areas of improvement to create a customised workout plan.

This one-on-one fitness programme keeps you highly motivated, providing all the inspiration and guidance you need to achieve your goal — be it losing weight, gaining muscle or building strength.

### PERSONAL TRAINING (COUPLE/BUDDIES)

Team up with your partner or friend to share a personal training session. This is a great way to keep each other on track, stay motivated and have a ton of fun!

Striving towards a common fitness goal also strengthens your interpersonal bond. Studies show that couples who exercise together feel more satisfied in their relationship, while workout buddies hold each other accountable.

### HIGH INTENSITY INTERVAL TRAINING (HIIT)

Ignite your metabolism with High-Intensity Interval Training (HIIT), a dynamic experience designed to maximise results in minimal time.

This heart-pounding session alternates between bursts of intense exercises and brief recovery periods, pushing your limits to optimise calorie burn and enhance endurance. A fast-paced and efficient way to sculpt your body and unleash a surge of energy.



### CARDIO & CORE

Inject fun into your fitness routine with our Cardio & Core class, a dynamic fusion that elevates your heart rate and strengthens your core.

This session includes an engaging blend of cardio routines and core-strengthening exercises that will leave you feeling energised and ready to conquer your fitness goals.

### MOBILITY & STRETCHING

Say hello to smooth, supple movement! Enhance flexibility and expand your range of motion through this special session, designed to reduce muscle tension and stiffness.

You will also have a chance to practice body alignment, breathing techniques, and mindful movement to harmonise physical and mental wellness.



