

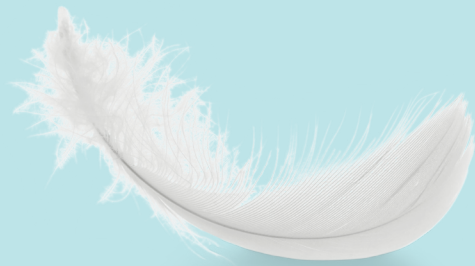
CORE



**“Each day brought new ways for me to move and strengthen,
align and revitalise.”**

**Skill meets technology at CORE, an ample zone dedicated to
the exploration of movement, longevity, and performance.**

**Fitted with the latest technology, the main floor offers
Technogym equipment including strength, cardio, and kinetic
training. Three additional training areas include a fully
equipped Pilates studio, spinning and boxing training room and
the pyramidal shaped LOTUS.**



MOVEMENT & FITNESS ASSESSMENTS

To target your unique wellbeing goals, the fitness specialists will utilise the latest technology to design the best workout for you.

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INTELLIGENT MOVEMENT ANALYSIS (D-WALL)

60 mins

A real time analysis of movement patterns and performance. While standing on a digitalised platform the 3-D camera in the D-Wall, captures every movement of sixteen body articulations. According to the precise parameters collected, including posture, functional mobility, balance and strength, a bespoke training programme will be created. Whether you are a beginner to fitness or advanced in your routine, the analysis is an unparalleled resource to training healthier and more effectively.

3-D FITNESS & ALIGNMENT ANALYSIS

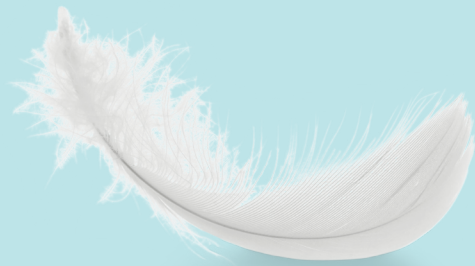
30 mins

A comprehensive scan of various metrics, represented in a digital avatar to easily measure progress. Metrics analysed include: body composition, circumference, postural imbalances and basal metabolic rate.

This analysis is included in the first 90-minute private training session at CORE and in the Nutritional Consultation.

PERSONAL TRAINING

Our classes are designed with purpose to develop awareness and presence in the moment. Our specialist expertise is on taking from different styles and develop a unique programme that meets your needs. The following is a list of the various techniques and teaching styles our CORE team master.



CORE

AVATAR TRAINING SESSION

60 mins

With real-time feedback on every movement performed, the Avatar training session at the D-WALL, engages your coordination, speed, responsiveness, and agility. Each movement is analysed in terms of quantity and quality through an immersive, playful virtual reality experience. Specially recommended when recovering from injuries or looking to improve performance.

BOXING

60 mins

Discover your warrior spirit and connect with your body through the oldest combat sport in the world. A dynamic practice that will help to improve coordination, build self-confidence, and relieve stress. Boost your calorie burn and elevate your mood by stimulating the release of endorphins in this incredibly fun and engaging class.

FUNCTIONAL TRAINING

60 mins

This session focuses on large body movements that stabilize specific muscle groups and move others to mimic activities of daily life. Various techniques and styles of training can be combined depending on the desired result including Suspension Training, Boot Camp, Box Fit, HIIT, Tabata.

STRENGTH TRAINING

60 mins

Designed to improve muscular strength the fitness stabilise will utilise resistance including free-weights, weight machines, or your own body weight to increase muscle mass and supporting healthy mobility and joint support.

REFORMER PILATES

60 mins

Challenge your balance and stability through the rolling carriage and develop core strength, paramount for building strength as you adjust the resistance and lengthen your muscles as you work with the resistance of the springs. Reformer Pilates is possible for anyone, at any level of fitness. Exercises can be done lying down, sitting, standing, pulling the straps, pushing the foot bar, perched on the foot bar, perched on the shoulder blocks, with additional equipment, upside down, sideways, etc. One of the best things about the reformer is its versatility.

MEDITATION

PRANAYAMA

60 mins

Learn various techniques that influences the flow of Prana in the Nadis, or energy channels, and energy centres known as Chakras. This technique is beneficial for mood and mind control, balancing of the body's energy and therefore overall wellbeing.

CRYOTHERAPY

30 mins

Recognised for its multiple health benefits, a single session of cryotherapy has been shown to boost the body's natural immune response by increasing blood circulation, boosting cellular activity, removing toxins, increasing white blood cell count, and decreasing cortisol levels. A single session can also burn up to 800 calories, a fantastic support for weight management programmes.

Each session takes approximately three minutes, with special gloves and hat provided.

Recommendations:

- **One session.** A single session is recommended for overall health, a quick energy boost, mental clarity and focus.
- **Six sessions.** Three sessions per day are recommended to balance jetlag and the circadian rhythm.
- **Ten sessions.** Two sessions per day are recommended to manage insomnia and promote recovery, treating acute and chronic pain.
- **Fifteen sessions.** Two sessions per day are recommended to balance the immune system, revitalise and support detoxification processes.

** Certain health conditions including hypertension, heart disease, seizures, anaemia, pregnancy and claustrophobia are contraindicated. It is normal to experience redness or skin irritation, allergic reactions to the cold, frostbite or skin burns.*

CORE ETIQUETTE

SCHEDULING AN APPOINTMENT

To schedule your personal training session or diagnostic analysis, please contact your Jadugar or Wellbeing Concierge, who will be able to guide you to the right choice. To ensure that your preferred time and service are available, we recommend booking at least 12 hours in advance.

ARRIVAL TIME

We recommend reaching 10-minute before your session begins. Please be advised that late arrivals will result in a reduction of session time.

HOURS OF OPERATION

CORE is available for your personal use 24/7. From 7:00 am to 8:00 pm, Fitness Specialists are on hand to help you prepare for specific goals or assist in the creation of a life-changing fitness routine. Afterhours access can be gained with your villa key.

COMPLIMENTARY CLASSES

Complimentary classes are available throughout the day. Advance booking is required as some classes have limited space.

CANCELLATION POLICY

A 100 percent charge will be incurred for any treatment that is not cancelled at least six hours prior to your scheduled time. Please note, your treatment time is reserved specially for you. Therefore, late arrivals will shorten your treatment time.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries which could affect your choice when making your reservation.

PREGNANCY

We have specially designed fitness sessions for expectant women past their first trimester as well as for nursing mothers. Please allow our wellbeing team to guide you in selecting which treatments are most suitable during this special time.