

*escape*

**#GetEnergised!**

**FITNESS**

**WELLBEING**

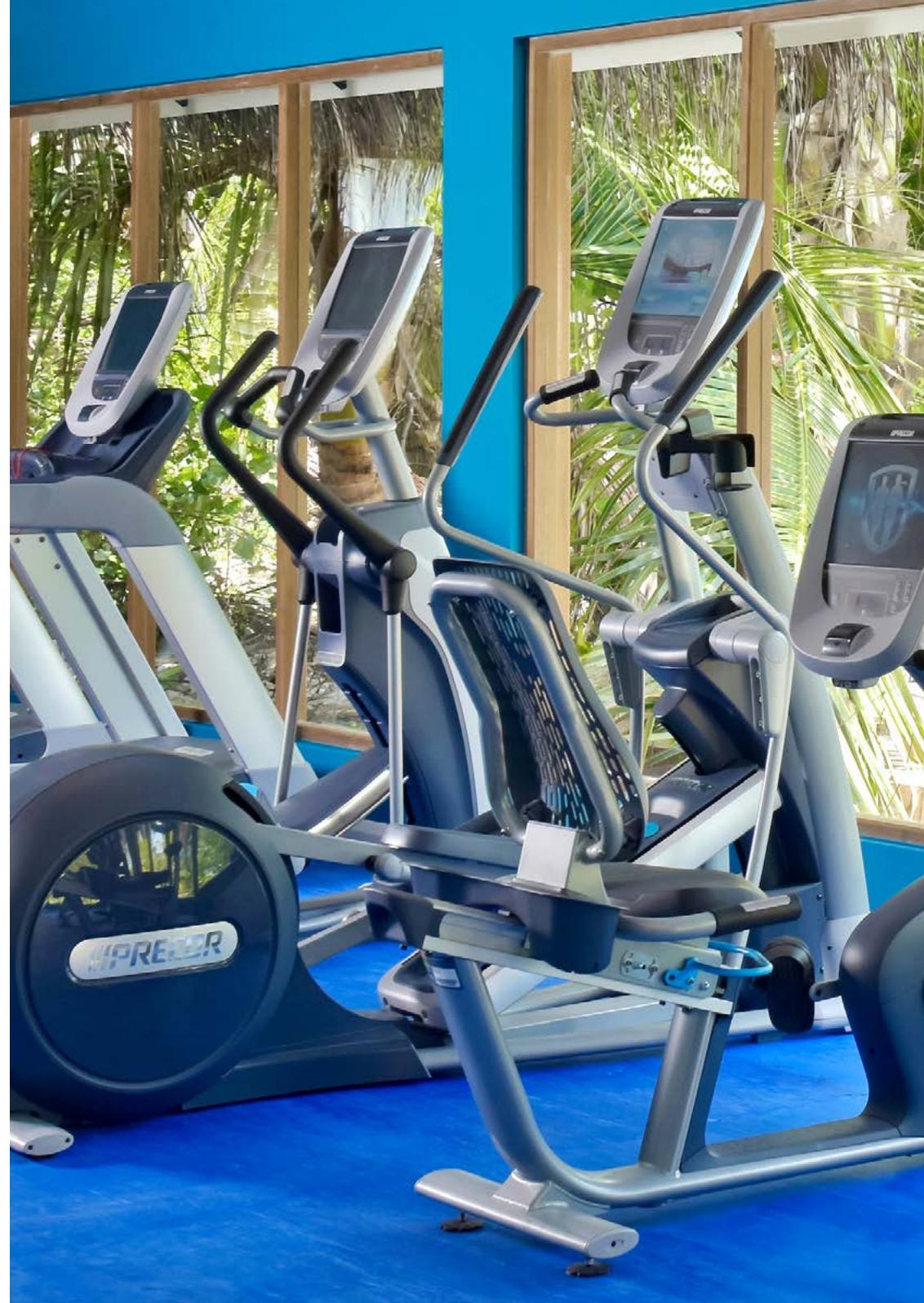
**YOGA**

# Feel the Burn!



## WELCOME TO THE URBAN ACTIVITY JUNGLE

Open 24/7, the state-of-the-art fitness facilities and personal trainers will help you to push the limits. If you prefer to train as a group, our TRX, BOX IT FIT and POUND® fitness classes will be just what you need.



# Oh-so Complimentary Classes

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**30 MIN**

CORE CONDITIONING

LEGS, BUTT, ABS

SUNRISE SUN SALUTATIONS

INTRO TO TAE BO

YOGIC BREATHING & STRETCHING

AQUA FUN & FIT

INTRO TO PILATES

CARDIO BLAST



## Sweat. Smile. Repeat!



Every morning and afternoon we offer a kool variety of complimentary 30-minute fitness sessions with our Personal Trainer or Yoga Instructor.

Check out the 'What's On Guide' or your K'TV for more information.  
No reservation is required.



# K' Classes

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**GO ON, GIVE IT A GO!**

You're at the coolest island (desti)nation in the world – it's time to get active and #JustPlay. Give these awesome classes a try!

## Shape it up!



**60 MIN/\$20**

PILATES  
KROSS FIT  
TRX SUSPENSION TRAINING  
YOGA  
POUND FIT  
BALANCED BODY  
BOX IT FIT

**60 MIN/\$40**

AERIAL YOGA

Check out the 'What's On Guide' or K'TV for more information. Reservation is required. Spa cancellation policy applies.

### SMOOTHIES & JUICES

Why not give yourself a healthy treat and visit DELI for a full range of fresh juices and smoothies to assist you with your fitness kick!

Prices are per person and per session.  
All prices are subject to 10% Service Charge and 12% GST.



# TRX

**GROUP: 60 MIN / \$20**  
**PRIVATE: 60 MIN / \$70**

## YOUR BODY IS A MACHINE

Created by the Navy SEALs, TRX Suspension Training develops strength, balance, flexibility and core stability all at the same time! We use gravity and body weight to work through a series of whole body exercises that are challenging and demanding, yet fun and exhilarating.

Prices are per person and per session.  
All prices are subject to 10% Service Charge and 12% GST.

# Pound Fit<sup>®</sup>

**GROUP: 45 MIN / \$20**  
**PRIVATE: 45 MIN / \$70**

## ROCKOUT. WORKOUT<sup>®</sup>

Channel your inner rockstar with this full-body cardio jam session inspired by drumming.

Burn calories and tone up, whilst energetically drumming along to your favourite music using lightly weighted Ripstix<sup>®</sup> exercise drumsticks!



# Balanced Body

GROUP: 60 MIN/\$20  
PRIVATE: 60 MIN/\$70

## FIND YOUR BALANCE

Sweat it out with a series of boxing inspired exercises to elevate the heart rate whilst toning, strengthening and blasting fat. Then balance out the body with the core strengthening Pilates and deep stretching Yoga. Finally, relax your body and calm down your mind with a guided relaxation.



# Box It Fit

GROUP : 60 MIN/\$20  
PRIVATE: 60 MIN/\$70

## I'M A FIGHTER, NOT A QUITTER

BOX IT FIT packs a punch with some pulse-raising exercises, core strengthening, boxing basics and punching combos to whip you into shape. You are sure to work hard and walk out feeling rejuvenated, de-stressed and pumped up!



Prices are per person and per session.  
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# Yoga

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**GROUP: 60 MIN / \$20**

**PRIVATE: 60 MIN / \$70**

## YOGA HEALS THE SOUL

The translation of Yoga is 'Union' - as we aim to bring our body and mind together as one. Through practicing yoga, we engage in a series of different physical Asanas (postures) designed to purify the body and provide physical strength, flexibility and stamina. Using the Hatha style of yoga, we bring our attention to our breath, helping us to still the fluctuations of the mind and be more present in the unfolding of each moment and movement.



# Pilates

**GROUP: 60 MIN / \$20**

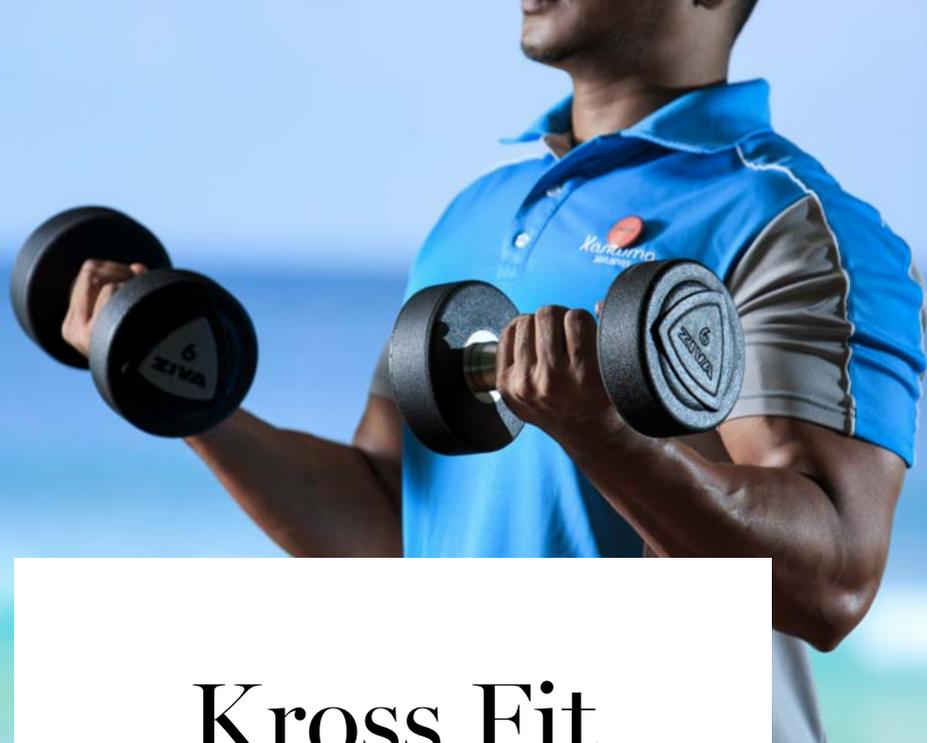
**PRIVATE: 60 MIN / \$70**

## PILATES IS MY HAPPY HOUR

Working on balance, posture, strength and flexibility, Pilates also focuses on the core areas - the abdomen, oblique, lower back, inner and outer thigh and buttocks. Being a mat based class, there is a much lower chance of injury than with other forms of exercise. With so many interesting variations and progressions using equipment such as the Swiss ball and dumbbells, you'll never get bored!

Prices are per person and per session.  
All prices are subject to 10% Service Charge and 12% GST.





# Kross Fit

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**GROUP: 60 MIN / \$20**  
**PRIVATE: 60 MIN / \$70**

## SORE TODAY, STRONG TOMORROW

Kross-Fit is a high intensity workout using a Krazy variety of different exercises that are all based around functional fitness. We maximise the amount of work, in the shortest time, at the highest effort. The result?...Epic all round fitness gains!

Prices are per person and per session.  
All prices are subject to 10% Service Charge and 12% GST.

# Aerial Yoga

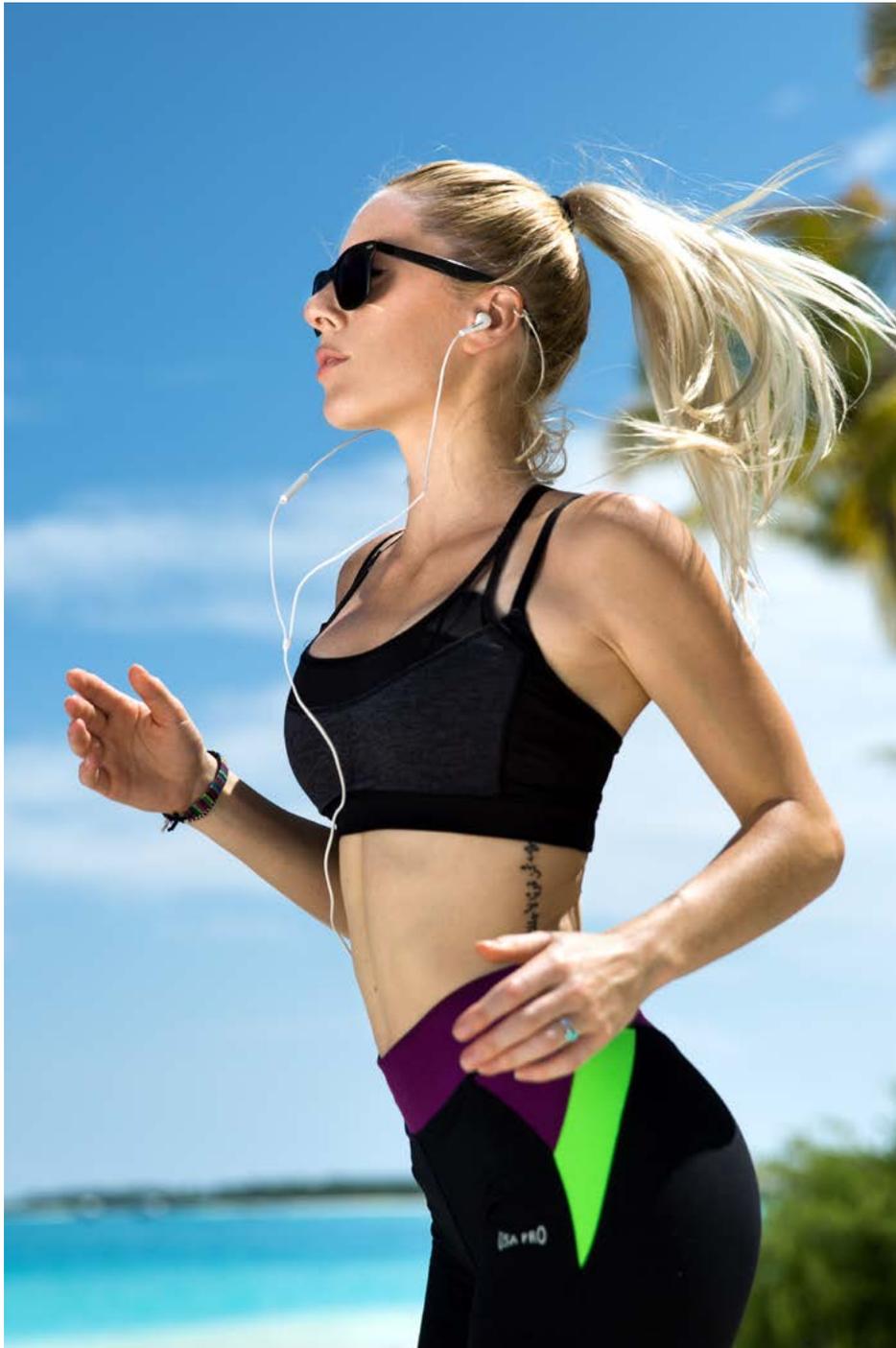
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**GROUP: 60 MIN / \$40**  
**PRIVATE: 60 MIN / \$70**

## WHY WALK WHEN YOU CAN FLY

Aerial Yoga brings together stretching, breathing and meditation along with gymnastics and aerial arts – kool hey! It's all performed with a hammock, made of a soft and supple parachute-silk fabric, suspended from the ceiling. Benefits include muscle strengthening and lengthening, increased mobility, low impact cardiovascular conditioning and deeper body awareness. In addition, it adds an entirely new dimension to each individual's yoga practice and stimulates the release of happy hormones!





# Fitness Packages



## SINGLE/PRIVATE SESSION

1 x private session: **\$70**

3 x private session: **\$180**

5 x private session: **\$275**

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## COUPLE/PRIVATE SESSION

1 x private session: **\$90**

3 x private session: **\$240**

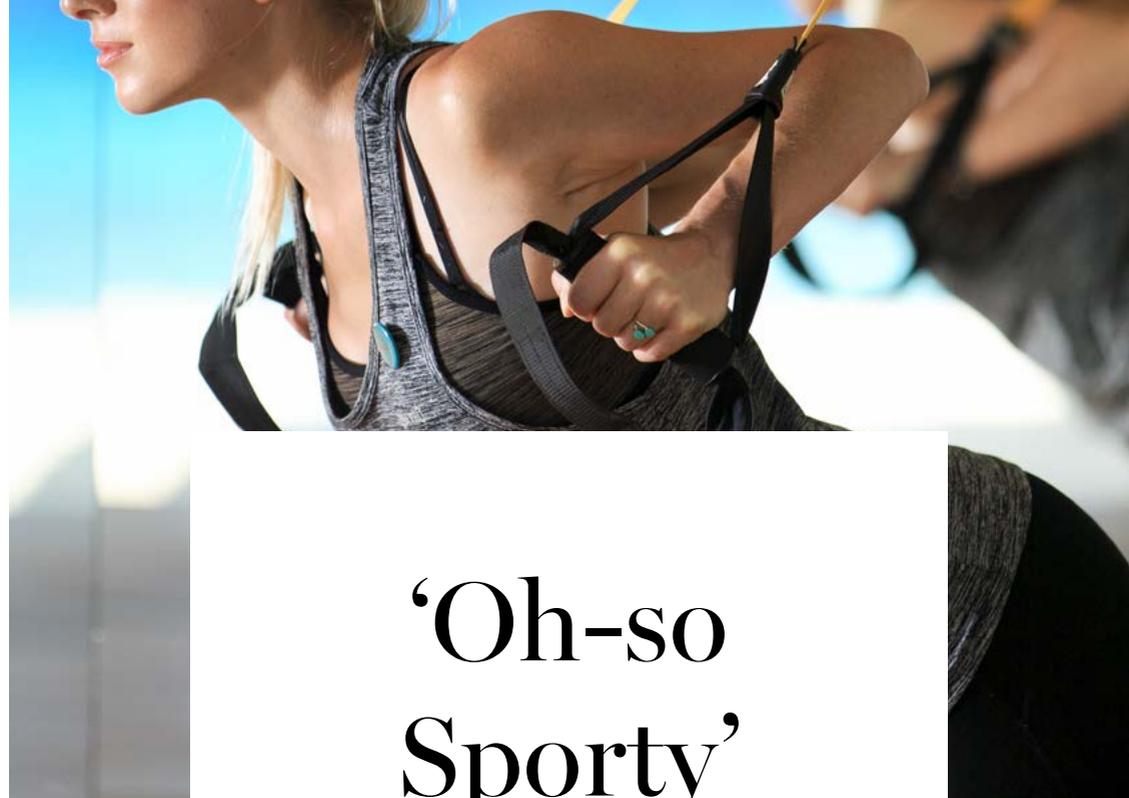
5 x private session: **\$375**

**Bring along a friend or family member  
and they pay only \$20 per class!**

# Wellness Packages



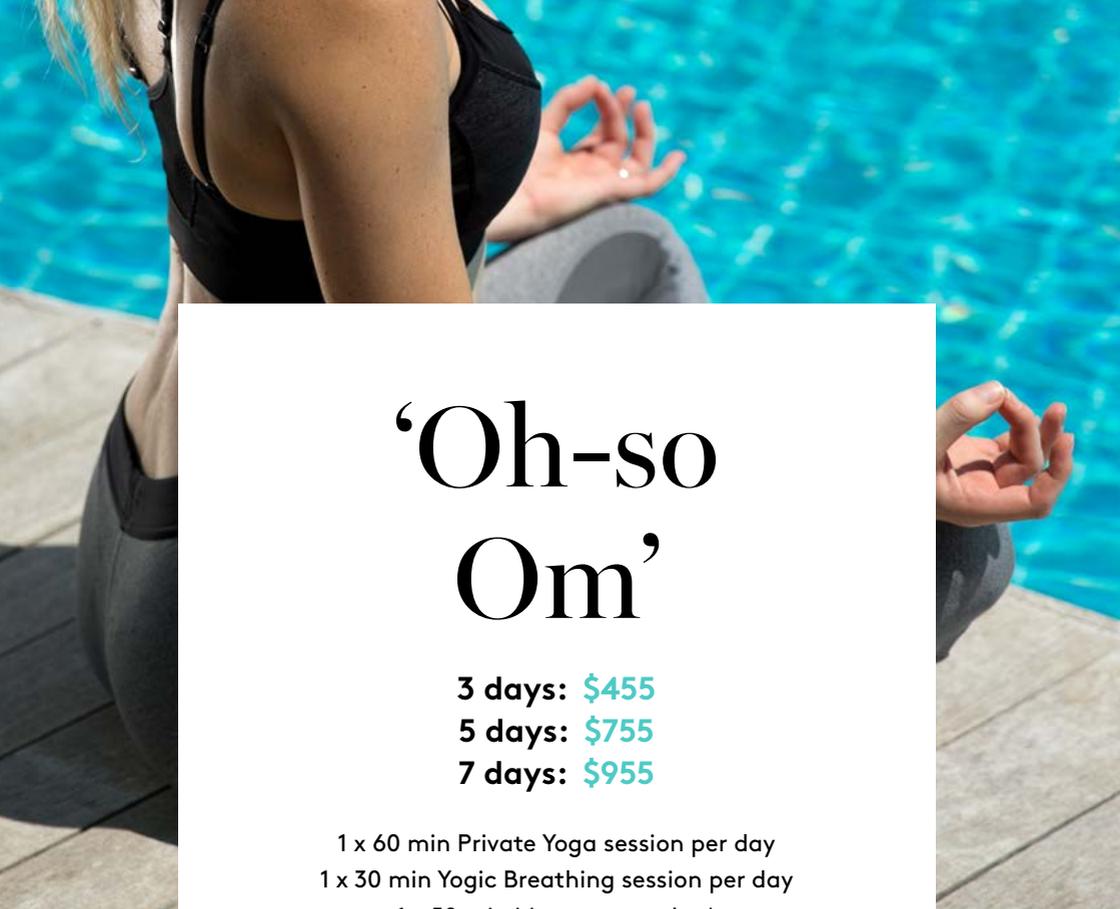
Book one of our wellness packages to save huge on individual treatments. Then simply schedule these as you desire. Don't forget to book in advance to guarantee your preferred timings.



## 'Oh-so Sporty'

**\$305**

3 x 60 min Personal Training session  
1 x 50 min Sports Massage  
1 x 30 min Back and Shoulder Massage



# ‘Oh-so Om’

**3 days: \$455**

**5 days: \$755**

**7 days: \$955**

1 x 60 min Private Yoga session per day  
1 x 30 min Yogic Breathing session per day  
1 x 50 min Massage per day\*

\*Choose from Balinese, Aromatherapy or Sports Massages

All prices are subject to 10% Service Charge and 12% GST.



# ‘Oh-so Relaxing’

**\$305**

3 x 60 min Yoga sessions of your choice  
1 x 50 min Aromatherapy Massage  
1 x 30 min Scalp and Head Reviver

All prices are subject to 10% Service Charge and 12% GST.

# Enjoyed Your Fitness?

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## HASHTAG IT

#MyKindOfPlace

#GetEnergised

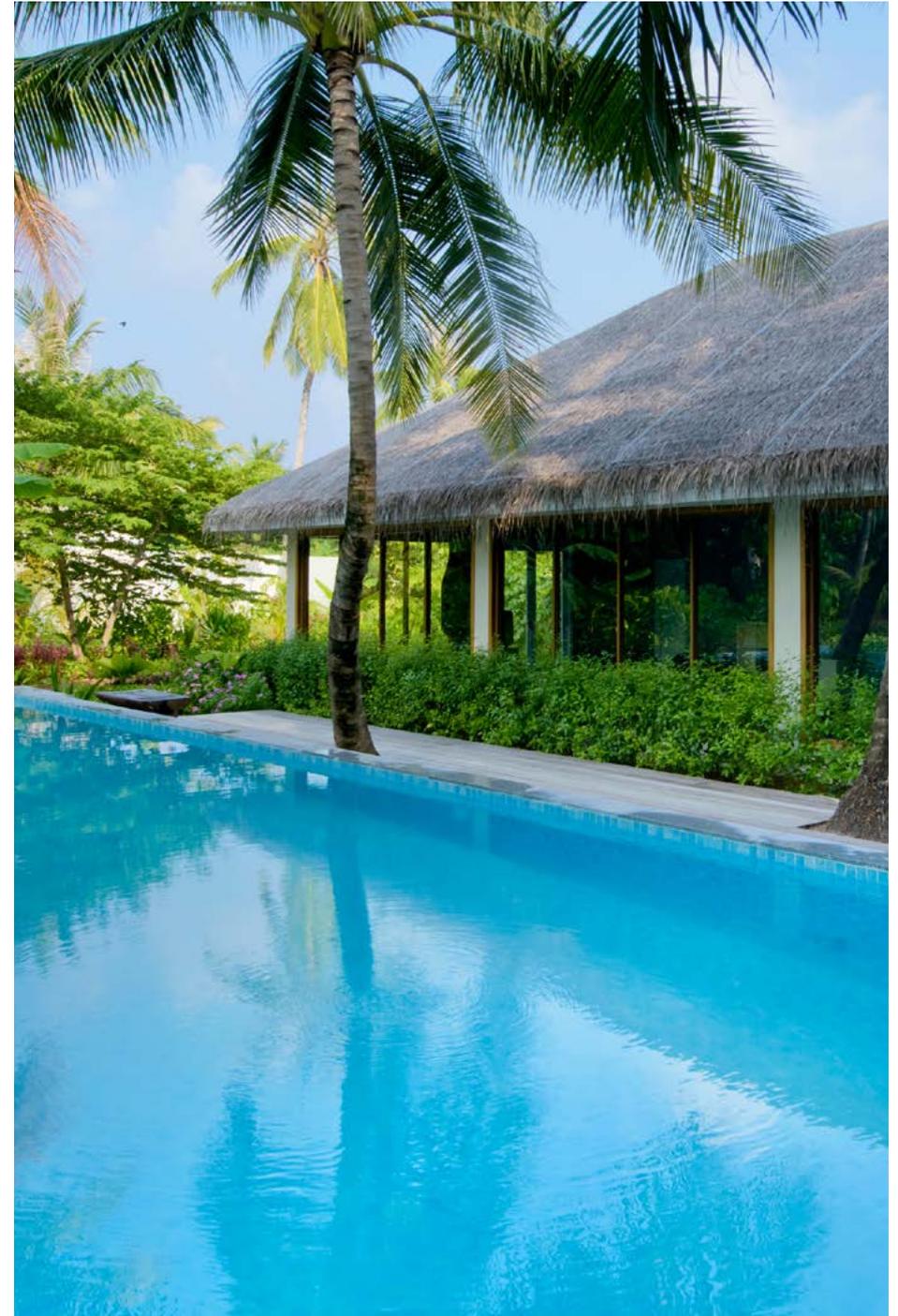
#esKapeSpa

#AnythingButOrdinary

#KandimaMaldives

#JustPlay

#FeelTheBurn





Kandima

MALDIVES