

Mandara Spa Fitness Center

Location: Atlantis, Sport Center
Operating Hours: 6:30am – 8:00pm
Extension: 363-3000 Extension 67364

Rates & Multiple Day Passes

One (1) Day Pass \$15 Per Person
Two (2) Day Pass \$27.50 Per Person
Three (3) Day Pass \$40.00 Per Person
Four (4) or More \$50.00 Per Person
(Up to a maximum of seven (7) days)

Personal Trainer

One-On-One Personal Training

60 minutes \$ 79.00

Three Sessions \$210.00

Personal Training for Couples

60 minutes, Two persons \$89.00

Three person \$99.00

Four person, \$109.00

Body Composition Analysis

The analyzer reads the fat and water percentage of the body, and also gives you recommended target for optimum well-being. The analysis is customized, bearing in mind lifestyle, gender height, weight and age.

Once we have a reading, your fitness instructor can recommend a plan that that you should be able to adapt to your existing life style.

30 minutes \$35.00 per person

Your Pass entitles you to Services & Amenities:

- 1. Daily Aerobic Classes.**
- 2. Cardio T.V. & Sound System with Head Phones**
- 3. Male/Female Steam Chambers.**
- 4. Male/Female shower and amenities.**
- 5. Relaxation Lounge and refreshments.**
- 6. Male/Female Lockers**
- 7. Lap Pool**

Please register at the Pro Shop Reception Counter

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Aerobics Timetable

CARDIO KICKBOXING	Sunday, 9:00am
HI/LO AEROBICS	Monday, 9:00am
STRETCH & RELAXATION	Monday, 4:30pm
BODY CYCLE*	Tuesday, 9:00am
DETOX.FOR WEIGHT LOSS.....	Tuesday, 11:00am
CIRCUIT TRAINING.....	Tuesday, 4:30pm
STEP AEROBICS.....	Wednesday, 9:00am
EAT MORE TO WEIGH LESS!	Wednesday, 11:00am
STRETCH & RELAXATION	Wednesday, 4:30pm
CARDIO KICKBOXING	Thursday, 9:00am
BODY CYCLE*	Thursday, 4:30pm
STEP & TONE	Friday, 9:00am
LOSE WEIGHT NOW, ASK ME HOW!.....	Friday, 11:00am
HI/LO AEROBICS	Friday, 4:30pm
BODY CYCLE*	Saturday, 9:00am
BODY TONING CLASS.....	Saturday, 4:30pm

Guests must be 16 years of age to enter the Fitness Center. Please arrive 5 minutes before class starts. Proper footwear must be worn for the aerobics, cardio kickboxing, step aerobics and body cycle classes. All levels are welcome in all classes. All fitness classes are 45 minutes in duration. Call Ext. 67364 for details.

* Guests must sign up for Body Cycle. The sign up sheet is available one hour before class start time, at the fitness centre.