



## HEALTH CLUB

### PERSONAL FITNESS MENU

#### KING OF SIX - ABS

AED 165

This session helps to tone the abdominal muscle and leads to your journey towards achieving the throne of six packs abdominal muscles.

Warm up session - 10 mins

Abs training session - 40 mins

#### POWER PACK SESSION

AED 185

These sessions are for the individual who is looking at the muscle mass and improve his power and endurance.

Weight training session - 60 mins

Stretching session - 15 mins

#### CURB THE FLAB

AED 200

This is our best selling and most popular session. This session is the combination of cardio training and weight training simultaneously. It helps in burning more calories and in the process burns more fat and tones the body. It improves the energy and fitness level along with personalized training.

Cardio session - 35 mins

Weight training session - 35 mins

Stretching session - 10 mins

#### FLEX & STRETCH

AED 150

A complete stretching regime, improves flexibility and makes it an enjoyable process while you stretch each and every muscle of your body.

Stretching session - 45 mins

#### BODY TONING - PERSONAL TRAINING

AED 750

5 day program to provide you a complete fitness regime and personal attention to help you achieve muscle toning.

#### AGE NO BAR

AED 165

This session is for our elderly guests for personal attention and to maintain a good fitness level.

Cardio session - 25 mins

Weight training session - 35 mins

Stretching session - 10 mins

### MARRIOTT HOTEL AL JADDAF, DUBAI

Oud Metha Road, Al Jaddaf Area, PO Box 122273, Dubai, United Arab Emirates  
T. 971.4.317.7777, F. 971.4.317.7778, mhfs.dxbmh.spa@marriotthotels.com  
dubaimarriottaljaddaf.com