JOALI FITNESS CENTER

JOALI

— MALDIVES —

JOALI Fitness Studio is situated beachside and has breathtaking sea views. Take in the spectacular vista while exercising on the new TechnoGym Artis range of cardiovascular equipment. All our cardio equipment has integrated TV monitors. Specialists in their own field, our highly qualified resident trainers are happy to motivate, challenge and guide you in all your fitness needs.

Whether you are an experienced athlete or lead a totally sedentary lifestyle, our team will work with you to create the best and most beneficial workout program possible. Take advantage of the most sophisticated equipment in our cutting edge JOALI Fitness Studio or join our trainers on the beach for an enthusiastic game of beach volleyball, triathlon circuit training, swimming or even revitalizing island jog or immersive island walking trails.

Personalized Training

Our trainers are specialists in a variety of fields and create programs to suit each guest's ability and needs. Whether wishing to strengthen or stretch, relax, run or regain lost energy, a session with our qualified Fitness Instructors is a must while on the island.

For those taking part in an extended Lifestyle and Wellness program or focusing on fitness, each session will be tailored to your needs and take advantage of the perfect environment to achieve your goals. Your trainer will utilize a combination of:

- Cardiovascular, resistance and flexibility equipment
- Hands-on manual techniques
- Weightless training exercise in the pool or ocean
- Walking & jogging trails, swimming and tennis to add variety, inspiration and fun to your sessions
- Pre- and post-exercise advice
  Stretching and breathing as a core part of the cool down period
- Pockets of Fitness" can be developed to take home so you can continue your healthy lifestyle regime away from the resort

Lifestyle and Wellness Assessment

A more comprehensive consultation is available to all guests on arrival who are looking to define and achieve their goals during their stay on the island and beyond.

The InBody test provides a comprehensive view of body composition balance: water, protein, mineral and body fat which are the components of the human body closely relate to the status of our health. For those guests taking advantage of the Lifestyle and Wellness Program, we would recommend this advanced assessment. The consultation will consist of a full Body Mass Index report (BMI), blood pressure, cholesterol test, V02 Max test, flexibility & range of motion tests, medical history & dietary analysis. Whichever of these assessments you choose, the team will personally recommend a suggested path that encompasses the most appropriate facilities available throughout the resort.

O’live O’Sky Suspension Trainer

Engage in versatile, easy to use and efficient suspension training system, regardless of your age or physical condition. Use your own body weight to provide resistance and offer many options for the whole-body workout. By simply changing the angle which you perform the exercise, our suspension trainer helps to increase your flexibility and ensures intense muscular and cardiovascular workout.

Aqua Classes

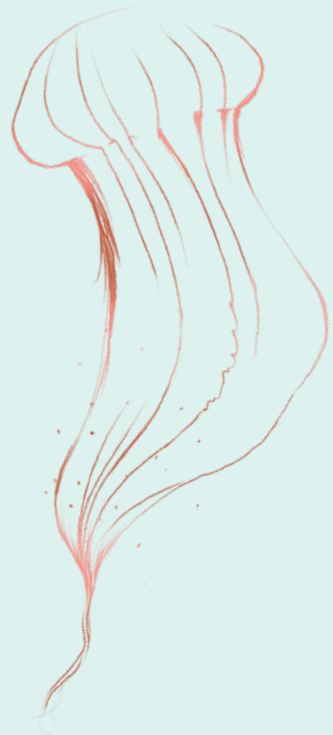
Water-based, weightless exercises use the natural resistance of water to strengthen and tone the muscles, joints and bones without the same risk of injury present when exercising on land. Water is about 1,000 times denser than air offering considerably more resistance resulting in a ‘double positive’ effect on the body and also exercises opposing sets of muscles at the same time.

Island Bootcamp

Based on a military style fitness program, our boot camp session is organized in an open space. The session could from 30mins to one hour and contains a broad mix of running and bodyweight exercises which the aim of providing a full body workout. Outdoor definition is tested with ‘whatever the weather and whatever the season’, combining fun and challenge in one go.

Boxfit

Boxfit is a cardiovascular workout lasting between 45min to 1hr. It’s involves Boxing Training which includes skipping, Boxing drill including footwork and abdominal workout, also focusing on fitness and toning.



High Intensity Interval Training (HIIT)

HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

Stretching and breathing

Join one of the classes which incorporate a variety of breathing techniques to build respiratory capacity, improve cardiovascular strength and especially benefit those who lead a sedentary lifestyle. Flexibility is defined as the range of motion of a given joint; inflexibility increases the risk of joint or muscle injury. A progressive range of stretches are introduced and when combined with the breathing, aid flexibility and create a holistic sense of wellbeing.

MINDFUL FITNESS

Extending out over the sea, experience inspiration and space through our open-air Yoga Pavilion, providing the perfect environment for our range of classes including yoga, meditation and mat-based Pilates. Private one-one-one sessions are also available.

Yoga

The goal is to balance mind and body through a series of physical, breathing and mental exercises. Hatha yoga concentrates on body postures (asanas) and movement. Yoga is an excellent way to de-stress as it works the nervous system in conjunction with muscles, bones and joints. The benefits of yoga are numerous incorporating stretching, toning, strength, stamina and correct posture whilst learning how to relax the mind.

Aerial Yoga

Aerial Yoga fuses traditional yoga poses, Pilates exercises and dance element together using long hammock. Use gravity to your advantage this time- since the hammock supports your weight, inversions are easier and safer to access, making spinal decompression a pleasant experience. All exercise done on the Aerial apparatus may be modified to suit guests of different ages and fitness level.

Meditation

Learning to still and focus the mind is a powerful form of de-stressing and a beneficial discipline to help improve the attention span, powers of concentration and memory. 'Sitting still' and doing nothing is the only way to give your mind a complete rest!

Sound Healing

Sound Healing Therapy uses aspect of music to improve your physical and emotional health and well-being. There are different types of sound therapy, including vibrational sound therapy, which uses special sounds that produces vibrations though to improve brain waves. The person being treated partakes in the experience with a trained sound healing practitioner and may use the following methods:

- Meditating
- Playing a sacred singing bowl or listening to relaxing music
- Singing along to music
- Moving to the beat of the music

Mat-Based Pilates

Mat-based Pilates is a gentle, low-impact, yet serious strength workout that research shows can help ease low back pain, reduce body fat, improve flexibility, and even support mental well-being. In fact, mat Pilates can be even more effective than using a reformer since you're using your own bodyweight to strengthen your muscles and stabilize your joints. You don't need any extra equipment to reap the physical and mental benefits—all you need is a mat!

YOUTH WELLNESS

Engaging youth in fun physical activity programs that build physical literacy is crucial for their development and the current and future health. Our Fitness Team will infuse enthusiasm and proper education on self-care and wellness to help them become active and stay active into adulthood. Ensuring safety in our youth wellness programs comprised of activities, exercises and training volumes that are appropriate for the health, fitness, ages and skill-levels of participants.

- **Bootcamp**
- **Swimming**
- **Boxing**
- **Yoga**

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Tariff Card

Personalized Training

InBody Fitness Assessment	60 mins	130
Personalized Training	60 mins	130
Suspension Training	60 mins	130
Aqua Conditioning	30 / 60 mins	75 / 130
Boot Camp	30 / 60 mins	75 / 130
Boxfit	30 / 45 / 60 mins	75 / 95 / 130
High Intensity Interval Training (HIIT)	45 mins	95
Assisted Stretching	30 / 60 mins	75 / 130

Mindful Fitness

Yoga	30 / 60 / 90 mins	75 / 130 / 175
Aerial Yoga	30 / 60 / 90 mins	85 / 140 / 185
Sound Healing	30 / 60 / 90 mins	85 / 140 / 185
Meditation	30 / 60 / 90 mins	75 / 130 / 175
Mat Pilates	30 / 60 / 90 mins	75 / 130 / 175

Youth Fitness

Bootcamp	30 / 45 mins	65 / 95
Swimming	30 / 45 / 60 mins	65 / 95 / 130
Boxing	30 / 45 mins	65 / 95
Yoga	30 / 45 / 60 mins	65 / 95 / 130

Applicable Surcharges		
Rate for Additional Person:		
Adult (17 and above)	30/60/90 minutes	30 / 60 / 90
Youth (16 and below)	30/60/90 minutes	15 / 30 / 45
Rate for In-Villa Sessions (per session)		50

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