

Fairmont

MALDIVES
SIRRU FEN FUSHI



For your Fitness Sessions:

Meet our fitness instructor Geneviève Soszynski. A passionate and energetic Canadian yoga and fitness instructor with extensive knowledge and understanding in overall health and fitness.

Geneviève has been a UFC Gym Coach and UFC Fit Master Trainer for the last five years. She will be offering Boxing Conditioning, High-intensity Interval Training, Aerial Yoga, and TRX classes at the Fitness Center.

For your Yoga Classes:

Meet our yoga instructor Lamirse da Motta Pacheco. A certified yoga and Pilates instructor for the last three years. She's been practicing her profession in Brazil, New Zealand, Fiji, India and Maldives. She teaches Multi style yoga including, Aerial Yoga, Power Yoga, Yin Yoga, Pre- Natal Yoga, Kids Yoga, Hatha, Ashtanga, Vinsaya Flow, Restorative Yoga, Pranayama and Meditation.

Lamirse is also a registered Nutritionist preparing personalized health and dietary care plans for clients, assessing their nutritional needs and diet restrictions. She also gives counseling on general rules of good nutrition, healthy eating habits and nutrition monitoring to improve quality of life.



PRIVATE SESSION

US\$69 ++ per person per session | 60 minutes | Fitness Center

Let our dedicated fitness and yoga instructors help you build confidence, feel great, have fun, and achieve your goal. Options include Boot Camp, Yoga, Strength + Conditioning, High-intensity Interval Training (HIIT), TRX, Boxing or Striking Conditioning, Aerial Yoga, Fight Fit, Self Myofascial Release + Stretching, Booty + Legs and Pilates.

BOOT CAMP

60 minutes | Fitness Center

Our Boot Camp class combines intervals of strength conditioning exercises to provide you with the ultimate circuit workout. Play with battle ropes, TRX, kettlebells, medicine balls, dumbbells and more.

CORE FIT

Complimentary | 45 minutes | Fitness Center

Circuit style core workouts designed to strengthen your abs, glutes, back and muscles. Improve spinal stabilization, endurance and posture. Leave the gym feeling stronger and energized.

All prices are in United States Dollars and exclusive of 10% service charge and prevailing government taxes.
For more information, contact your Villa Host or dial '0' from your villa.

WEEKLY FITNESS PROGRAM (COMPLIMENTARY)

DAY	TIME	ACTIVITIES	VENUE	MAX PARTICIPANTS
DAILY	11:00AM - 11:45AM	*Core Fit	Fitness Center	8
MONDAY	8:00AM - 9:00AM	Morning Yoga	Yoga Pavillion	8
TUESDAY	6:00PM - 7:00PM	Evening Yoga	Yoga Pavillion	8
WEDNESDAY	8:00AM - 9:00AM	Morning Yoga	Yoga Pavillion	8
THURSDAY	6:00PM - 7:00PM	Evening Yoga	Yoga Pavillion	8
FRIDAY	8:00AM - 9:00AM	Morning Yoga	Yoga Pavillion	8
SATURDAY	6:00PM - 7:00PM	Evening Yoga	Yoga Pavillion	8
SUNDAY	8:00AM - 9:00AM	Morning Yoga	Yoga Pavillion	8

*Core Fit is available everyday except Friday.

GROUP FITNESS CLASSES

DAY	TIME	ACTIVITIES	VENUE	MAX PARTICIPANTS	PRICE
MONDAY	9:30AM - 10:30AM	Boxing Conditioning	Fitness Center	4	US\$49 ++ per person
	4:30PM - 5:30PM	Pilates	Fitness Center	4	US\$29 ++ per person
TUESDAY	4:30PM - 5:30PM	Aerial Yoga	Yoga Pavillion	4	US\$39 ++ per person
WEDNESDAY	9:30AM - 10:30AM	Hight-intensity Interval Training	Fitness Center	4	US\$49 ++ per person
	4:30PM - 5:30PM	Pilates	Fitness Center	4	US\$29 ++ per person
THURSDAY	4:30PM - 5:30PM	Aerial Yoga	Yoga Pavillion	4	US\$39 ++ per person
FRIDAY	4:30PM - 5:30PM	Pilates	Fitness Center	4	US\$29 ++ per person
SATURDAY	9:30AM - 10:30AM	Fight Fit + TRX	Fitness Center	4	US\$49 ++ per person
	4:30PM - 5:30PM	Aerial Yoga	Yoga Pavillion	4	US\$39 ++ per person
SUNDAY	9:30AM - 10:30AM	TRX	Fitness Center	2	US\$39 ++ per person
	4:30PM - 5:30PM	Aerial Yoga	Yoga Pavillion	4	US\$39 ++ per person

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