



## **TOTAL BODY WORKOUT MEMBERSHIPS RETURN AT SHUIQI SPA & FITNESS TAKING FITNESS FROM ORDINARY TO EXTRAORDINARY**

*Starting from AED 710 per month\*, the one of a kind Total Body Workout memberships include unlimited pool and beach access as well as monthly personal training sessions, Underwater Yoga classes, massages, plus much more!*

**DUBAI, United Arab Emirates** – The award-winning ShuiQi Spa & Fitness at Atlantis, The Palm is relaunching its Total Body Workout (TBW) fitness programme with one, three, six and 12-month membership options available. Get your winter body ready with one-on-one training at the state-of-the-art fitness centre, soak up the sun at the Royal Pool, or get some ‘me time’ with a relaxing 60-minute deep muscle massage. Designed to reboot and revitalise body and mind, Total Body Workout memberships provide a host of both fitness and wellness benefits.

All membership levels include unlimited access to the fitness centre featuring the latest equipment, along with lockers, towels and water, as well as usage of ShuiQi Spa’s wellness facilities, including steam, sauna, hammam and jacuzzi. Those with a six or 12-month membership also receive unlimited access to swim and lounge at Atlantis, The Palm’s pool and beach, while three-month memberships can enjoy access during weekdays and one-month memberships will receive a one day pass monthly.

In addition, memberships include a range of once-a-month wellness benefits to enhance a member’s fitness journey, such as an InBody professional body composition analyser, one personal training session with a professional trainer, one relaxing Underwater Yoga class in The Lost Chambers Aquarium, and a pampering, full-body deep muscle massage.

All memberships also include incredible discounts, with 20% off personal training sessions, 20% off ShuiQi Spa treatments, and 15% off on all ShuiQi Spa & Fitness retail products.

### **TBW Fitness Membership**

**A 12-month TBW PRO FIT membership costs AED 8,490 single (AED 710 per month\*) or AED 14,600 couple (AED 1,216 per month) and includes:**



- unlimited access to the fitness centre
- unlimited access to spa wet facilities
- unlimited access to Atlantis, The Palm's pool and beach
- once-a-month InBody analyser
- once-a-month personal training session
- once-a-month Underwater Yoga
- once-a-month deep muscle massage
- 20% off personal training sessions
- 20% off ShuiQi Spa treatments
- 15% off ShuiQi Spa & Fitness retail products

To learn more about all the Total Body Workout memberships available and to sign up online, visit <https://www.atlantis.com/dubai/membership/tbw> or call +971 4 42 61020.

ShuiQi Spa & Fitness is open weekdays 6:00am-7:00pm and weekends 6:00am-9:00pm.

\*\*\*ENDS\*\*

#### **MEDIA ENQUIRIES**

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For further information about Atlantis please call +971 4 426 1000, or visit [www.atlantis.com/dubai](http://www.atlantis.com/dubai). Both low and high resolution colour photography of Atlantis is available at [media.atlantisthepalm.com](http://media.atlantisthepalm.com).

#### **Follow Atlantis, The Palm on Social Media**

Instagram: @AtlantisThePalm

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#### **About ShuiQi Spa**

The multi-award winning ShuiQi Spa & Fitness at Atlantis, The Palm presents a memorable experience for guests, awakening the senses in a setting that is as stunning as it is serene. Upon entering the two-storey 2,400 square metre spa, guests are greeted by a soothing water wall – the start of their relaxation journey. With earthy hues and a water pathway, guests continue on their on their voyage of tranquility which leads them to one of 27 treatment rooms, for a bespoke treatment, tailored to individual needs. With its extensive menu boasting more than 60 treatments, head-to-toe, inside out pampering is guaranteed with a range of restorative facials, rejuvenating body therapies and all-encompassing spa journeys. There is also a separate woman's-only salon, the Nailology nail bar, and Gentlemen's Tonic for a bespoke haircut and traditional wet shave. ShuiQi Spa & Fitness offers something for everyone to rebalance, relax and unwind.



### **About Atlantis, The Palm, Dubai**

Located at the centre of the crescent of The Palm in Dubai, Atlantis, The Palm is the first entertainment resort destination in the region. Opened in September 2008, the unique ocean-themed resort features a variety of marine and entertainment attractions, as well as 22 hectares of waterpark amusement at Atlantis Aquaventure, all within a 46-hectare site. It is home to one of the biggest waterparks in the world and the one of the largest open-air marine habitats, with more than 65,000 marine animals in lagoons and displays including The Lost Chambers Aquarium, a maze of underwater corridors and passageways providing a journey through ancient Atlantis. Aquaventure Waterpark features 23.5 million litres of fresh water used to power 105 thrilling waterslides and attractions, including several world record-breaking slides, and two river rides featuring tidal waves and pools, water rapids and white-water chargers. Dolphin Bay, the unparalleled dolphin conservation and education habitat, and Sea Lion Point were created to provide guests a once in a lifetime opportunity to learn more about some of nature's most friendly mammals. The resort boasts an impressive collection of luxury boutiques and shops as well as extensive meeting and convention facilities. Atlantis, The Palm is also known as the culinary destination in the region where guests can take their pick from a collection of 29 world-renowned restaurants including Bread Street Kitchen & Bar, Hakkasan, Nobu, Ronda Locatelli, Seafire Steakhouse & Bar and the award-winning underwater restaurant, Ossiano. Atlantis is also home to a buzzing nightlife scene with entertainment destination Wavehouse offering something for everyone, while WHITE Beach & Restaurant is the perfect place to unwind with a drink as the sun slips into the Arabian Sea.