

**ATLANTIS, THE PALM JOINS FORCES WITH THE DUBAI FITNESS CHALLENGE TO OFFER MONTH LONG COMPLIMENTARY TENNIS LESSONS, PEDALO SESSIONS AND UNDERWATER YOGA**

**DUBAI, United Arab Emirates (29<sup>th</sup> October 2018)** – From 28th October to 24th November, Atlantis, The Palm will join the Dubai Fitness Challenge to get people from all walks of life to commit to a minimum of 30 consecutive minutes of daily activity for 30 days. Each day the resort welcomes residents to take part in underwater yoga, Padelo Paddle Boat sessions and tennis lessons all for FREE.

Every Sunday from 6:00am-7:00am, residents can rejuvenate and restore in a unique aquatic surrounding in a complimentary **underwater Hatha Yoga class** in The Lost Chambers Aquarium. Suitable for yogi's ages 16 years and above, the class will aim to deliver a completely unique experience for beginners, intermediate and advanced yoga practitioners, set against the mesmerising tranquility of the Ambassador Lagoon, the biggest aquarium in the Middle East and Africa, home to 65,000 marine animals. Booking is essential by calling +971 4 426 1167.

Every Friday and Saturday from 9:00am-10:00am, residents can enjoy complimentary **Pedalo sessions** on the Atlantis Royal Beach, set to the backdrop of the stunning Dubai skyline and Palm Island. Booking is essential by calling +971 4 426 1582.

Guests can also enjoy complimentary **tennis lessons** every Sunday, Tuesday and Thursday from 10:30am-11:15am at the Elite Tennis Courts at Atlantis, The Palm. Led by a team of certified coaches and tennis players, the lessons will provide world-class coaching for players of all ages and levels. State-of-the-art facilities include the latest court surfaces, plus video technology for technique analysis. Booking is essential by calling +971 4 426 1433 or email [tennisacademy@atlantisthepalm.com](mailto:tennisacademy@atlantisthepalm.com).

Atlantis, The Palm joins the Dubai Fitness Challenge in encouraging one million Dubai residents to make fitness not only a priority but a lifestyle. A flagship fitness initiative by Shaikh Hamdan Bin Mohammad Bin Rashid Al Maktoum, Crown Prince of Dubai and Chairman of Dubai Executive Council, more than 3,000 fitness sessions and classes have been scheduled along with more than 40 fitness events including Dubai International Triathlon, The Color Run and Yogafest.

# ATLANTIS

THE PALM, DUBAI

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## **MEDIA INQUIRIES**

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For further information about Atlantis please call +971 4 426 1000, or visit [atlantisthepalm.com](http://atlantisthepalm.com). 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**

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

Atlantis, The Palm is the first entertainment resort destination in the region and located at the centre of the crescent of The Palm in Dubai. Opened in September 2008, the unique ocean-themed resort features a variety of marine and entertainment attractions, as well as 17 hectares of waterscape amusement at Aquaventure Waterpark, all within a 46 hectare site. It is home to one of the largest open-air marine habitats in the world, with over 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 features 18 million litres of fresh water used to power thrilling waterslides, a 2.3 kilometre river ride with 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 one of nature's most friendly mammals. Atlantis, The Palm is also known as *the* culinary destination in the region with a collection of world-renowned restaurants including Bread Street Kitchen & Bar, Nobu and Ronda Locatelli. The resort boasts an impressive collection of luxury boutiques and shops as well as extensive meeting and convention facilities.