



## **ATLANTIS, THE PALM TO INTRODUCE A ONE OF A KIND TOTAL BODY WORKOUT MEMBERSHIP**

*ShuiQi Spa & Fitness is introducing its first Total Body Workout (TBW) membership this month with exclusive benefits including personal training, massages and much more*

Atlantis, The Palm is launching its very first Total Body Workout (TBW) membership with one, three, six and 12-month membership options – with up to 70 per cent discount when you sign up for a year. Total Body Workout welcomes gym bunnies to new level of fitness membership, where you can train with the latest, state-of-the-art equipment surrounded by breathtaking views over The Palm.

With prices starting from just AED 955 per month, members will receive\* unlimited access to the fitness centre including lockers, towels and water, usage of wellness facilities including steam, sauna, Jacuzzi and laconium chairs in the men's area. Members will also receive unlimited access to Atlantis, The Palm's pool and beach, an InBody professional body composition analyser and one personal training session per each signed month. What's more, ShuiQi Fitness & Spa will ensure membership holders maximise 'me' time with wellness extras including a signature Comfort Zone massage once a month, a relaxing Underwater Yoga session once a month, as well a 20 per cent discount on all spa treatments, retail and personal training sessions. 25% off not motorise watersports will be granted. Members also receive up to 30% off all food and beverage throughout the resort until September through the Atlantis Circle App.

Packages overview:

**KICK FIT: Kick start your fitness future with a programme that will leave you wanting you coming back for more.**

**Package time:** 1 Month

**Price:** AED 995 (single) | AED 1,690 (couple)

**Guest Value:** AED 1,420 (Single) | AED 2,840 (couple)

**QUICK FIT: The only way to get your body into tip top shape is to stay a little longer**

**Package time:** 3 Months

**Price:** AED 2,650 (single) | AED 4,510 (couple)

**Guest Value:** AED 4,260 (Single) | AED 8,520 (couple)

**FLOW FIT: Commit your body to long term results that make a difference**

**Package time:** 6 Months

**Price:** AED 4,990 (single) | AED 8,490 (couple)

**Guest Value:** AED 8,520 (Single) | AED 17,040 (couple)

**PRO FIT: Get into the best shape of your life and reap long-term results**



**Package time:** 12 Months

**Price:** AED 8,490 (single) | AED 14,600 (couple)

**Guest Value:** AED 17,040 (Single) | AED 34,080 (couple)

\*Membership inclusions depend on the package taken

\*\*\*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**

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#AtlantisThePalm #AWorldAway #ServingTheExtraordinary

### **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 waterpark amusement at Atlantis Aquaventure, 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. Atlantis Aquaventure waterpark 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. 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, award-winning underwater restaurant, Ossiano, and traditional Middle Eastern favourite, Ayamna. The nightlife scene at Atlantis is lively, too, with the fun filled Wavehouse offering something for everyone, and WHITE Beach & Restaurant the perfect place to unwind with a drink as the sun slips into the Arabian Sea.