



**ATLANTIS, THE PALM TAKES ON THE DUBAI FITNESS CHALLENGE TO OFFER MONTH LONG SPORTING AND WELLNESS ACTIVITIES FOR THE BODY, MIND AND SOUL**

*Activities will include Surfs' Up Waverider, Beach Bootcamp, Power Walking, Underwater Yoga and Meditation as well as In-Body Composition Analysis – and most are on the house*

**DUBAI, United Arab Emirates** (25<sup>th</sup> October 2020) – Atlantis, The Palm has pledged to help the city to get fit and healthy by joining forces with the Dubai Fitness Challenge from October 30 to November 28, 2020. The region's leading entertainment resort is encouraging everyone to commit to a minimum of 30 consecutive minutes of daily activity for 30 days. Each day the resort will welcome residents and visitors alike to enjoy activities including yoga and meditation, in-body composition analyses, fitness classes, Waverider sessions and beach power walking – with all offerings apart from underwater yoga and meditation being free of charge.

Playing their part in bringing Dubai one step closer to becoming one of the most active cities in the world, Atlantis, The Palm is offering a diverse range of fun activities to engage with wide variety of people – with something on their wide-ranging fitness schedule to appeal to everyone.

**In-Body Composition Analysis – ShuiQi Fitness Centre:**

- In-Body composition is a method of describing what the body is made of. It includes fat, protein, minerals and body water. It also describes weight more accurately than BMI. Body composition analysis can accurately show changes in fat mass, muscle mass, and body fat percentage
- Price: Complimentary
- When: Every Saturday
- Where: ShuiQi Fitness Centre
- Time: 12:00 pm – 2:00 pm
- Booking is essential with spaces limited to 4 people per day with 30-minute appointments
- Call +971 4 426 1432

**Beach Bootcamp**

- 60-minute group classes on the Royal Beach



- Price: Complimentary
- When: Every Saturday
- Where: The Royal Beach (meeting at ShuiQi Fitness)
- Time: 8:00 am – 9:00 am
- Booking is essential with spaces limited to 12 people per session
- Call +971 4 426 1432

#### **Beach Power Walking:**

- 45-minute Power walking
- Complimentary
- When: Every Monday
- Where: The Royal Beach (meeting at ShuiQi Fitness)
- Time: 8:00 am – 8:45 am
- Booking is essential with spaces limited to 12 people per walk
- Call +971 4 426 1432

#### **Surf's Up Sessions – Aquaventure Waterpark:**

- Wave rider sessions at Aquaventure Waterpark
- Price: Complimentary
- When: Every Thursday, Friday and Saturday
- Where: Aquaventure Waterpark
- Time: 8:45 am – 9:30 am
- Booking is essential with spaces limited to 5 people per session



- Call +971 4 426 2626

### **Flow Yoga**

- Flow yoga at The Royal Beach
- Price: Complimentary
- When: Every Sunday
- Where: The Royal Beach (meeting at ShuiQi Fitness)
- Time: 7:30 am – 8:30 am
- Booking is essential with spaces reserved for 12 people per day
- Notes: Not suitable for pregnant ladies and children under the age of 16, Yoga waiver to be completed prior to the class (recommended to arrive 15 min early)
- Guests must bring their own yoga mat and towel
- Call +971 4 426 1432

### **Underwater Yoga & Meditation**

- Hatha yoga and Tibetan singing bowl meditation in the mesmerising at Lost Chambers Aquarium
- Price: AED 160
- When: Saturday 31st October
- Where: The Lost Chambers Aquarium
- Time: 8:00 am – 9:30 am
- Booking is essential with spaces reserved for 12 people per day
- Notes: Not suitable for pregnant ladies and children under the age of 16, Yoga waiver to be completed prior to the class (recommended to arrive 15 min early)
- Guests must bring their own yoga mat and towel.



- Call +971 4 426 1167

### **Underwater Yoga**

- Hatha yoga in the mesmerising at Lost Chambers Aquarium
- Price: AED 125
- When: Every Tuesday, Friday, Saturday
- Where: The Lost Chambers Aquarium
- Time: 8:00 am – 9:00 am
- Capacity: 12 persons per day
- Notes: Not suitable for pregnant ladies and children under the age of 16, Yoga waiver to be completed prior to the class (recommended to arrive 15min before)
- Guests must bring their own yoga mat and towel.
- Booking: +971 4 426 1167

\*\*\*ENDS\*\*

### **MEDIA ENQUIRIES**

#### **Linda Abdul Hay**

Senior Director, PR & Communications  
Mobile: (+971) 552004581  
Email: linda.abdulhay@atlantisthepalm.com

#### **Rebecca Hall**

Director, Public Relations  
Mobile: (+971) 551100153  
Email: rebecca.hall@atlantisthepalm.com

#### **Alina Gusakova**

Manager, Public Relations  
Mobile: (+971) 565224841  
Email: alina.gusakova@atlantisthepalm.com

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**

Facebook: @AtlantisThePalm

Twitter: @Atlantis

Instagram: @AtlantisThePalm

Restaurants: @RondaLocatelliDubai @SeafireSteakhouse @BreadStreetKitchenDubai @NobuDubai @OssianoDubai @HakkasanDxb @AyamnaDubai @WavehouseDubai @whitebeach @whiterestaurantdubai #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 31 world-renowned restaurants including Bread Street Kitchen & Bar, Hakkasan, Nobu, Ronda Locatelli, Seafire Steakhouse & Bar, and award-winning underwater restaurant, Ossiano. 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.