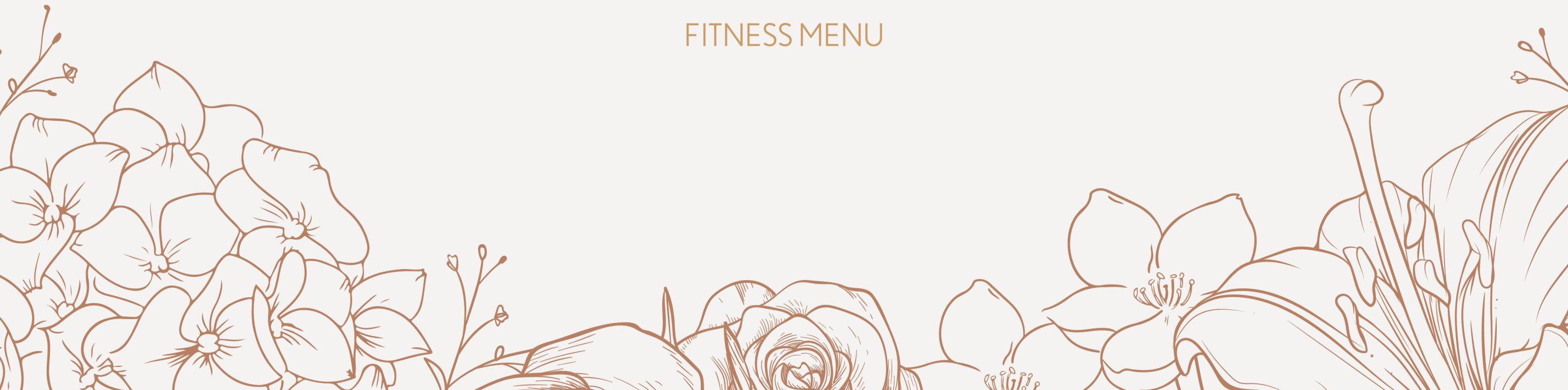


W  
WALDORF ASTORIA  
Spa

FITNESS MENU



“JASMINE”



WALDORF ASTORIA®

## FITNESS CENTRE

Boost your metabolism, gain body strength, reduce body fat, increase your cardiovascular fitness and improve your mobility and flexibility. Our personal trainers will provide you with endless individualized training options to help you reach your goals and enhance your health and fitness development.

### PERSONAL TRAINING

60 mins | USD 220

Our qualified fitness instructor will work with you to motivate and assist you to achieve your personal health and fitness goals, whether it is cardiovascular fitness, advanced strength, flexibility and/or weight loss. The first session will begin with a fitness evaluation.

### BEACH BOOTCAMP

60 mins | USD 180

Get motivated with a fun and ferocious outdoor activity that incorporates all sorts of drills to develop speed, agility and strength. Intense interval training dramatically improves fitness working out in the sun and sand provides a fantastic environment for primal movement and grounding with a healthy dose of vitamin D.

### BOXING

60 mins | USD 220

Boxing provides a high-intensity, power routine that requires focus and determination. Achieve optimal physical fitness, while sculpting arms, core and legs. Great for anyone who needs to burn off calories, lethargy or frustration



## PRIVATE WELLNESS ACTIVITIES

Mindfulness reduces stress, improves sleep, cognitive function and balances the emotions. Under the guidance of intuitive practitioners and using our beautiful outdoor environment, we invite you to reconnect and gain wealth on your health

### MEDITATION

60 mins | USD 200

Slowing the mind has a profound effect on wellbeing, relieves anxiety and improve stress resilience. Restore a sense of balance and peace with the help of a guided meditation. This mindfulness practice is for those who would like to learn about meditation in its many forms, as well as for those who appreciate the guidance of an experienced practitioner.

### YOGA

60 mins | USD 200

Weaving breath, movement and meditation through sequence of postures, yoga leaves you with a sense of grace and gratitude. Set in the fresh air amidst the beauty of our natural environment, this is a wonderful place to learn yoga or to workshop your own practice with an expert. The class can be adapted to suit your level and can be relaxing or invigorating.

### PILATES

60 mins | USD 200

Pilates improves overall flexibility, lowers stress levels, flattens your stomach and trims your waist by strengthening your natural core.

A floor based exercise that strengthen and lengthen the muscles, learn to breathe and hold proper posture to achieve overall wellness.

### STRETCHING

60 mins | USD 180

Breathe your way to a more flexible body with a gentle stretch class that will release tension and induce relaxation, in order to increase muscle flexibility and /or joint range of motion. This is an excellent and necessary complement to all other forms of sport.



## INFORMATION & SPA ETIQUETTE

### RESERVATIONS

Treatments are based on availability. We recommend to reserve your treatments well in advance to guarantee your preferred timing. Please contact your Personal concierge to make a reservation or visit Waldorf Astoria Spa.

### CANCELLATION POLICY

No show or cancellation within 4 hours will incur a 50% charge. Rescheduled appointments are subject to availability.

### SPA & FITNESS OPENING HOURS

Spa : 9:00am to 9:00 pm  
Fitness Center : 24-hour access

### HOW TO SPA

We encourage you to arrive 30 minutes prior to your treatment time to enable you to enjoy the full use of the exclusive facilities. Please be advised that late arrival will result in a reduction of your treatment time.

### GUESTS ADVICE

All guests over 16 years old are welcome to enjoy the steam room and sauna. For the well-being of our guests, the consumption of alcohol is restricted to specific spa treatments. For your own safety, we reserve the right to refuse any guests that are under the influence of alcohol.



## SPA ETIQUETTE

Spa environment is one of relaxation and tranquility. We appreciate you turning off your mobile phone or electronic devices. To respect the relaxation and privacy of our guests, we kindly request you speak quietly. Smoking is not permitted in Waldorf Astoria Spa, Aqua Wellness or Fitness Centre.

## AGE REQUIREMENT

The minimum age to access the spa and experience treatments is 16 years old. To enquire about treatments for younger guests, please consult our Wellness Concierge for available options.

## HEALTH CONDITIONS

kindly advise us of any health conditions, special preferences, allergies, or Injuries that could affect your treatment when making a reservation.

## IN-VILLA TREATMENTS

Enjoy spa treatments in the privacy of your villa by special request and at an additional cost of 50% from the menu price per person. Please ask our Wellness Concierge for available options.

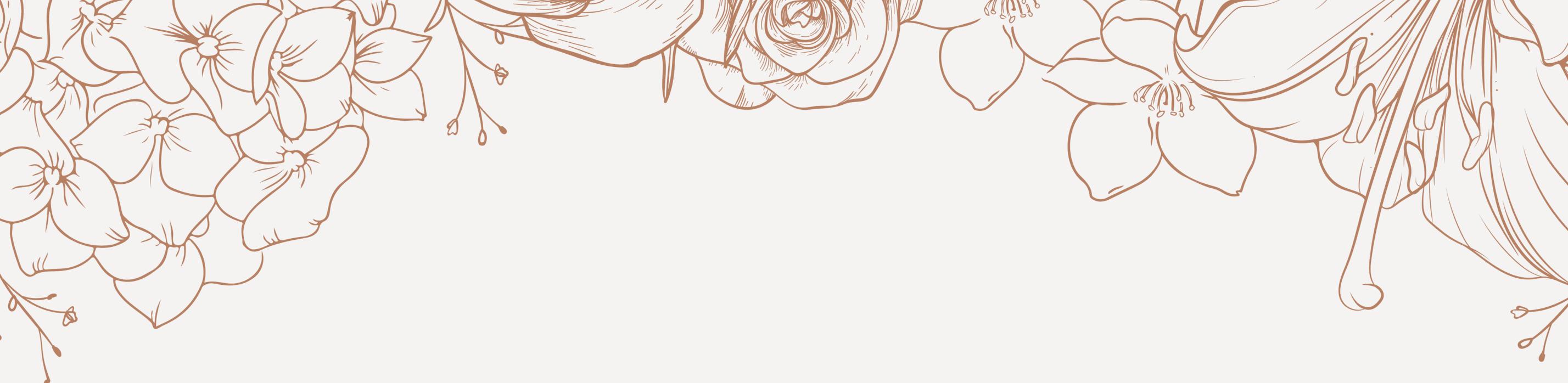
## PRICING

All prices are quoted in USD and subject to a 10% Service Charge and applicable tax. Credit Card surcharges apply. Prices are subject to change without prior notice.

## GRATUITY

Gratuities are not included. Gratuities for exemplary service are discretionary.





WALDORF ASTORIA®  
MALDIVES ITHAAFUSHI

