



FITNESS MENU

HIIT FITNESS CLASSES

Re-energize yourself and sweat it out with High Intensity Interval Training (HIIT) – a technique used by top athletes to get the most out of their training time. We will employ simple yet effective body weight and free weight exercises with a train and rest rhythm of short intervals. All fitness classes are held at the fitness centre. All HIIT fitness classes are 1-hour sessions.

CLASSES:

Adults	\$65
Family fitness - Maximum of four people	\$200

INDIVIDUAL PACKAGES:

Packages of three sessions	\$185
Packages of four sessions	\$240
Packages of five sessions	\$289

Five sessions value-add: Bring a friend to a class of your choice

FAMILY PACKAGES MAXIMUM OF FOUR PEOPLE

•Packages of three sessions	\$575
•Packages of four sessions	\$750
•Packages of five sessions	\$899

Five sessions value-add: One FREE personal HIIT fitness class for two people on the family package.

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ACTIVE KIDS CLASSES

We train hand-eye co-ordination, proprioception, balance and teamwork with fun and sweaty games that high-energy kids will love. All active kids classes are 30 minutes sessions.

CLASSES:

Kids - 4 to 15 years	\$35
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KIDS PACKAGES:

Packages of two sessions	\$85
Packages of three sessions	\$120
Packages of four sessions	\$150

Please note

Value-add for all packages: Our fitness instructor will tailor the classes to your specific goals and requirements.

Cancellation Policy: No show and cancellations of classes will be charged at 50% of the scheduled class cost and all packages will be charged after the first class. Maximum number of guests per session is limited to seven people in order to adhere to social distancing.

