

FITNESS IN THE DESERT



Meet our Fitness Guru Claire

With a Master's Degree in Sports Medicine, she is specialised in Corrective Exercise and Fascia Stretch Therapy.

If you want transform your body, improve your body structure or increase your mobility, our comprehensive classes and one to one sessions, will help you reach your goals and stay fit and strong while enjoying stunning desert views.

For more information and reservations, call +971 2 895 8700, email infoqas@anantara.com or visit anantara.com

PRIVATE SESSIONS

Personal Training

Our experienced Fitness Guru Claire is at hand to curate a bespoke training regime that is tailored to your goals.

Focus on weight loss, muscle gain and toning. Session includes body composition analysis and diet plan recommendation.

50 minutes
AED 300 per person



Corrective Exercise

Focus on improving posture, correcting muscular imbalance, boosting sports performance and reducing joint pain and stress.

50 minutes
AED 400 per person

Fascia Stretch Therapy (FST)

Improve your overall wellbeing and increase your range of motion around each joint. Reduce the likelihood of injury, tension, stress, joint aches, pains, and increase balance, flexibility, body posture and mobility.

60 minutes
AED 500 per person



** All prices in UAE Dirham and are inclusive of all applicable service charges, local fees and taxes.*

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