

YOUR PERSONAL FITNESS TRAINER

Per session	10 sessions
Single : AED 200 Couple: AED 350	Single: AED 1800 Couple: AED 3000

**each session is 60 minutes*

MEET YOUR TRAINER

Stephen Kwakye is a certified personal fitness trainer specializing in weight loss, muscle building, glute development, and defined abs.

With a holistic approach, Stephen focuses on both the body and mind, ensuring you stay motivated and challenged.

Book your session today and start your transformation.

For bookings and inquiries,
please call: + 971 52 660 6383 | + 971 02 208 0233

THE
ABU DHABI

EDITION®



BENEFITS AND FEES

	1 MONTH	3 MONTH	6 MONTH	12 MONTH
SINGLE	1200	3200	5400	8700
BENEFITS	<ul style="list-style-type: none"> • Use of 24-hour gyms • Use of 2 pools • Outdoor jacuzzi • Separate male and female sauna, shower, and locker facility on ground floor hotel building • Separate male and female steam, shower, and locker facility on 5th floor residence building • Free Valet Parking 			
ADDED BENEFITS	<ul style="list-style-type: none"> • 10% Discount on Spa treatments and select retail • 10% Discount on Market, Lobby bar and Alba Terrace Restaurant (excluding on brunch, packages, promotions and during public holidays) • 10% Discount on Laundry • One Personal Training Session 60 minutes • One Pool and Gym pass for member's guest (excluding F&B credit) 	<ul style="list-style-type: none"> • 15% Discount on Spa treatments and select retail • 15% Discount on Market, Lobby bar and Alba Terrace Restaurant (excluding on brunch, packages, promotions and public holiday) • 15% Discount on Laundry • Two Personal Training Session 60 minutes • Three Pool and Gym pass for member's guest (excluding F&B credit) 	<ul style="list-style-type: none"> • 20% Discount on Spa treatments and select retail • 20% Discount on Market, Lobby bar and Alba Terrace Restaurant (excluding on brunch, packages, promotions and public holiday) • 20% Discount on Laundry • Three Personal Training Session 60 minutes • Five Pool and Gym pass for member's guest (excluding F&B credit) 	<ul style="list-style-type: none"> • 20% Discount on Spa treatments and select retail • 20% Discount on Market, Lobby bar and Alba Terrace Restaurant (excluding on brunch, packages, promotions and public holiday) • 20% Discount on Room rates (excluding on promotions, public holidays & F1 week) • 20% Discount on Laundry • 6 Personal Training Session 60 minutes • Ten Pool and Gym pass for member's guest (excluding F&B credit)
	1 MONTH	3 MONTH	6 MONTH	12 MONTH
COUPLE	1800	4900	9200	13000
BENEFITS	<ul style="list-style-type: none"> • Use of 24-hour gyms • Use of 2 pools • Outdoor jacuzzi • Separate male and female sauna, shower, and locker facility on ground floor hotel building • Separate male and female steam, shower, and locker facility on 5th floor residence building • Free Valet Parking 			
ADDED BENEFITS	<ul style="list-style-type: none"> • 10% Discount on Spa treatments and select retail • 10% Discount on Market, Lobby bar and Alba Terrace Restaurant (excluding on brunch, packages, promotions and public holiday) • 10% Discount on Laundry • One Couples Personal Training session 60 minutes • One Pool and Gym pass for member's guest (excluding F&B credit) 	<ul style="list-style-type: none"> • 15% Discount on Spa treatments and select retail • 15% Discount on Market, Lobby bar and Alba Terrace Restaurant (excluding on brunch, packages, promotions and public holiday) • 20% Discount on Laundry • Two Couples Personal Training session 60 minutes • Three Pool and Gym pass for member's guest (excluding F&B credit) 	<ul style="list-style-type: none"> • 20% Discount on Spa treatments and select retail • 20% Discount on Market, Lobby bar and Alba Terrace Restaurant (excluding on brunch, packages, promotions and public holiday) • 20% Discount on Laundry • Three Couples Personal Training session 60 minutes • Five Pool and Gym pass for member's guest (excluding F&B credit) 	<ul style="list-style-type: none"> • 20% Discount on Spa treatments and select retail • 20% Discount on Market, Lobby bar and Alba Terrace Restaurant (excluding on brunch, packages, promotions and public holiday) • 20% Discount on Room rates (excluding on promotions and public holidays) • 20% Discount on Laundry • 06 Couples Personal Training session 60 minutes • Ten Pool and Gym pass for member's guest (excluding F&B credit)

TERMS & CONDITIONS APPLY