



Mandara Spa Fitness Center Schedule

Daily or weekly passes to the Fitness Center are available for purchase at the Fitness Center Reception. Passes allow you full usage of the equipment, changing areas and steam rooms. Proper exercise clothing and footwear is required in the Fitness Center.
Hours of Operation: 6:00am – 8:00pm Daily
For Reservations or information, call extension 67364 or 65783

Monday	Class	Location
8:00am	Step Aerobics	Aerobics Studio
10:00am	Detox Seminar	Aerobics Studio
Tuesday	Class	Location
9:00am	Body Cycling	Spinning Studio
Wednesday	Class	Location
8:00am	Pathway to Yoga	Yoga Pavilion
9:00am	Stretch & Flexibility	Aerobics Studio
Thursday	Class	Location
9:00am	Pathway to Yoga	Yoga Pavilion
10:00am	Body Cycling	Spinning Studio
Friday	Class	Location
8.00am	Pathway to Yoga	Yoga Pavilion
10:00am	Body Cycling	Spinning Studio
11:00am	Detox Seminar	Aerobics Studio
Saturday	Class	Location
8:00am	Body Cycling	Spinning Studio
10:00am	Stretch & Flexibility	Aerobics Studio
11:00am	Express Circuit	Spinning Studio

At Mandara’s Fitness Center you will discover new sources of energy and vitality that will motivate you to make lasting lifestyle changes. We firmly believe the combination of exercise, education and relaxation is an essential approach to your health and well-being.

Health and Wellness Presentation

Admission to the following Health & Wellness Presentations is complimentary to Atlantis Guests.

Detoxification and Nutrition

This presentation is a complete overview of detoxification and its importance in achieving optimal health. It outlines the side effects toxic foods and beverages have on the human body. We will also provide a detailed description of the leading detoxification method used today.

Eat More to Weigh Less

Learn how to increase your metabolism so that your body becomes a lean, mean fat burning machine. You will learn celebrities' secrets and how they maintain that red carpet ready body.

Secrets to a Flatter Stomach

Learn the latest techniques used by fitness professionals to flatten and tone your abdominal muscles using simple effective exercises that will give you lasting results.

Food for Life

You will gain a solid understanding of proper nutrition and hear the myths and facts about side effects caused by popular foods and fad diets.

Combat Osteoporosis, Hypertension, High Cholesterol, and Diabetes

Learn the safest ways to control some of the most common health issues in the world today by reducing your medication intake and becoming stronger and healthier.

Exercise Classes

Admission to the following Exercise Classes is included with a Fitness Center Pass Purchase.

Step Aerobics

This class is designed for all fitness levels and is pitched at a basic to intermediate level of experience. Not only will you have fun, but you will also improve your cardiovascular fitness and benefit from a complete body workout.

Xpress Circuit

Developed with all levels in mind, the class stations are designed to challenge the cardiovascular system and improve strength.

Nightclub Body Cycling

A high intensity cardiovascular workout set to high energy music to get your heart pumping. Currently the most popular class in the world that is suitable for all fitness levels.

Stretch and Flexibility

This class is designed for all fitness levels and is a gentle and relaxing class for improved muscle flexibility and to rid the body of stress and stiffness.

Pathway to Yoga

Teaching the fundamental of Yoga with gentle poses, the instructor will demonstrate long, smooth flowing floor sequences and deep relaxation techniques. Great for people who suffer from stress, high blood pressure and tight muscles.

Mat Work Pilates

This class is suitable for all fitness levels and focuses on the deepest postural muscles to establish stability and support for the spine by stretching, strengthening and toning your muscles.

The Fitness Center offers a discount for multiple day passes

1 Day -	\$15.00
2 Days -	\$27.50
3 Days -	\$40.00
4-7 Days -	\$50.00

Updated March 2011