



CHEVAL BLANC  
RANDHELI

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## FITNESS CENTRE

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Overlooking the idyllic turquoise waters of the Maldivian sea, the Cheval Blanc Randheli fitness centre offers a workout facility outfitted with state-of-the-art Technogym equipment and unspoilt views of our stunning landscape.

From circuit training sessions to restorative yoga, our certified fitness instructors are on hand to provide the ultimate well-being experience.

In the following pages find a diverse selection of fitness classes that are included with use of the fitness centre.

Each of these fitness classes may be converted to a privately coached session. Our Ambassadeurs are delighted to assist with bookings of private sessions and fitness consultations.

## FITNESS CLASSES

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### Core Conditioning

45 min

This mat-based session harnesses exercises and positions that primarily focus on strengthening, sculpting and toning muscles that make up the abdominal core area. A unique and effective method, the entire body is challenged with these exercises, leaving you feeling an overall improved stability and balance.

**Benefits:** This bespoke class ensures focused toning and increased strength, specifically in the core area and lower back. As your muscles strengthen, support to the spine increases which significantly aids in prevention of back injuries. Core training also boosts metabolism, promoting weight loss and general healthy living.

### Circuit Training

45 min

Circuit Training is a form of conditioning that offers the ultimate all-over body workout. It consists of timed stations of high-energy cardiovascular exercises combined with muscular endurance and strength training. A versatile session that can be easily adapted to within the fitness centre or in-villa, this session makes optimal use of the surroundings and environment.

**Benefits:** This intense and focused session will effectively burn a high amount of calories in a short period of time. It facilitates strength building, muscular endurance, all-over body toning and cardio fitness as well as increasing mobility, stamina and endurance.

### High-Intensity Interval Training

45 min

HIIT is an enhanced form of interval training, alternating periods of short, intense anaerobic exercise with lower intensity recovery periods. Based on the principles of plyometric training, explosive maximum energy movements are performed in short bursts of time for the ultimate fat burning experience.

**Benefits:** In addition to increased strength and cardio fitness, other benefits include muscle sculpting and toning, encouraged weight loss (for up to 48 hours later), enhanced joint stability, mobility and flexibility. This session is advised only for those who are habitually active and athletic.

### Aqua Gym

45 min

Aqua Gym is a fun and social way to get fit and stay cool in the sun, in the privacy of your villa's infinity pool. The natural resistance offered by water helps to build strength in muscles and tone without any damaging impact on joints or bones.

**Benefits:** Back and abdominal muscles are engaged against the natural water resistance in a low-impact, medium-intensity effective workout. Due to natural water buoyancy, Aqua Gym is proven to be a beneficial workout during pregnancy or for those with muscular and/or joint concerns.

Fitness classes may be extended to 60 minute sessions upon request. Our fitness centre Ambassadeurs remain at guests' disposal for further information, assistance with bookings and fitness consultations.

## FITNESS CLASSES

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### Padwork 45 min

Partner with a Cheval Blanc Trainer or bring your own sparring partner for these intensive, exhilarating drills. Boxing mitts and pads are worn while executing punching and kicking techniques, elevating the heart rate, building stamina and toning the entire body. Tailor the intensity of your workout with the addition of heart-pumping exercises such as plyometrics and interval training.

**Benefits:** Padwork helps to reduce stress and frustration whilst toning the entire body, particularly the arms and shoulders. It is also an effective weight loss exercise due to the high amount of energy expelled. Strength, endurance and stamina are also increased.

### Ante-Natal & Post-Natal Fitness 45 min

Our certified Ante/Post Natal trainer will produce a programme including gentle muscle strengthening, low-impact cardiovascular exercises and stretching, predominantly focusing on the areas of the lower back and pelvic joints. Post-natal sessions will also place specific focus on safe, healthy weight loss and effective toning to target the effects of pregnancy and child birth.

**Benefits:** This session has significant benefits for both mother and baby. Apart from preventing excess weight gain, these sessions increase endurance, improve circulation, strengthen pelvic muscles and aid in the prevention of backaches.

### Kids' & Teen's Fitness 45 min

These sessions are specifically created to assist kids and teens in developing their fitness and health whilst installing positive-thinking and healthy-acting habits from an early age. Exercises are chosen specifically to enhance growth and strength through a fun-filled variety of activities. Whether fitness centre-based exercises or outdoor activities such as boot camp, football, beach competitions and tennis (additional cost), the kids are off to a personalised journey of fitness.

### Maakurandhoo Fitness Bootcamp 45 min

Designed with a 'raw' approach to fitness, this session will test your functional strength and cardiovascular fitness in the remote yet beautiful jungle setting of the Maakurandhoo Island. After a 6-minute speedboat to the island with Cheval Blanc Bootcamp Trainer, make your way through the shaded sandy walkways to the Bootcamp site and test yourself against the sea, sand and resistance tools awaiting your visit. Tailored directly to your health and fitness needs, the bootcamp begins with a five-minute warm up and moves directly into a fun-filled, action packed circuit.

**Benefits:** This high-intensity cycle blends a mix of resistance, weight, strength, cardio and interval training for an ultra-effective, full body workout. The island equipment hosts exercises from abdominal and core conditioning, to heavy-weight rope and tractor tire lifts for the upper body, resistance bands for lean muscle training, and hoops for reactive cardio. At the end of the bootcamp, you will have trained every muscles of your body in a unique surrounding!

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## FITNESS CLASSES

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### Yoga 45 min

Our Maison's yoga master will help guide you to a path of spiritual and physical elevation. Sessions are suited to all levels of practitioners and shall be tailored to suit each participant.

#### *Hatha Yoga*

A gentle form of practice, best suited to the beginner or intermediate levels. A focus on controlling a relaxed breath in time with long-held 15-20 second postures, enable the muscles to relax and lengthen further.

#### *Flow*

Incorporates connecting, non-stop movements and sequences such as Suryanamaskar to lift the body temperature and warm the muscles. This flowing routine enables the body to edge deeper into more challenging Asana. The movements are closely synchronised with the breath, each connected with an inhalation or exhalation to prevent injury and promote a deeper practice.

#### *Power*

This style of Yoga has been popular since the mid-1990's and is more vigorous and fitness-based than traditional yoga. Popularised by gurus such as Baron Baptiste, this focus is a continuous, intensive style. Warm-up sequences are first executed followed by stronger, longer-holding poses and strength-based postures engaging the entire body.

*Different styles available upon request.*

### Stretching 45 min

A relaxing class comprised of slow, deliberate stretches to increase flexibility in all primary muscles groups. Most of the session is spent on a padded mat in either prone, supine or kneeling positions and are modified to suit each individual's preferences and flexibility levels.

**Benefits:** With similar benefits to massage, stretching allows for an increase in blood flow and circulation to overactive muscles that have contracted due to stress or immobility. In addition to muscle reparation, stretching also improves flexibility for long, lean muscles and can aid in correcting posture.

### Pilates 45 min

Pilates is a system of controlled exercises which engage the entire body using the 'powerhouse' of the abdominal section. Heavily engaged core, spinal articulation, full-breathing and more are covered in this extensive course. This mat-based class is a blend of strength and flexibility training which improves posture, reduces stress and creates long, lean muscles. Suitable for any level of experience and ability.

**Benefits:** Pilates is one of the most effective and challenging ways to develop core strength and stability which ultimately enhance overall athletic ability and daily function as well as prevent against daily injury. Further, Pilates aids in creating postural symmetry, correcting uneven stress patterns.

Fitness classes may be extended to 60 minute sessions upon request. Our fitness centre Ambassadeurs remain at guests' disposal for further information, assistance with bookings and fitness consultations.

## GENERAL CONDITIONS

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**Private Training:** Privately coached and personal training sessions are available for USD\$143++ per 60 minute sessions. Our dedicated team of fitness instructors remains at your disposal for any bookings or consultations.

**Private Yoga Sessions:** Private yoga sessions are available for all guests for USD\$115++ for 60 minutes and USD\$130++ for 90 minutes with recreation centre or Spa yoga instructors. These sessions may be hosted at the Spa, fitness centre, beach or in the privacy of your villa.

**Abilities:** We welcome all abilities for our sessions and programmes as we are able to adapt and modify all exercises to suit the specific needs of the individual. A form filled out prior to the session will help us to establish current exercise ability and frequency so we may effectively create a programme specifically for you.

**Location:** Sessions can be enjoyed in a range of stunning locations across the resort including the fitness centre, privacy of your own villa, spa island or the beautiful beaches of Randheli. Our certified fitness trainers and wellness Ambassadeurs are delighted to advise on best-suited locations for chosen sessions.

**Health Advice:** To ensure a healthful and safe workout, our fitness Ambassadeurs suggest eating no later than 60-90 mins prior to your session. A health and medical form is required to be submitted prior to your session. This information will be kept strictly confidential and will only be used in order to adapt your session to any pre-existing, relative health conditions.

**Bookings and Cancellations:** Bookings can be made through your Alchemist, Majordome or to the fitness centre directly. Should you need to cancel or modify a session, please advise the fitness centre at least 1 hour prior to the session. For Tennis we will require a 3-hour notice to avoid a fully chargeable session.