



AWAKEN

FITNESS



BUILDING A STRONGER YOU

BE ATHLETIC. BE ACTIVE. BE AGILE.

AWAKEN Fitness is built for those who move with intention and train with impact.

Every session is an opportunity to push limits, reset focus, and rediscover balance.

This is where you unlock your true potential.



PHYSICAL & MENTAL WELLNESS

PERSONAL TRAINING

1 session | 5 sessions | 10 sessions

One-to-one sessions tailored to your individual goals, fitness level, and preference. Focus on strength, endurance, flexibility, and overall wellbeing with expert guidance from our certified trainer.

PNF ASSISTED STRETCHING

1 session, 45 minutes

A specialised stretching technique designed to improve flexibility, increase range of movement, and reduce muscle tension. Sessions are guided by a trained professional using partner-assisted stretches.

MAT PILATES PERSONAL TRAINING

1 session, 1 hour

Personalised Pilates sessions on the mat to strengthen the core, improve posture, enhance balance, and promote overall body awareness. Exercises are tailored to your fitness level and goals.

STUDIO CLASSES

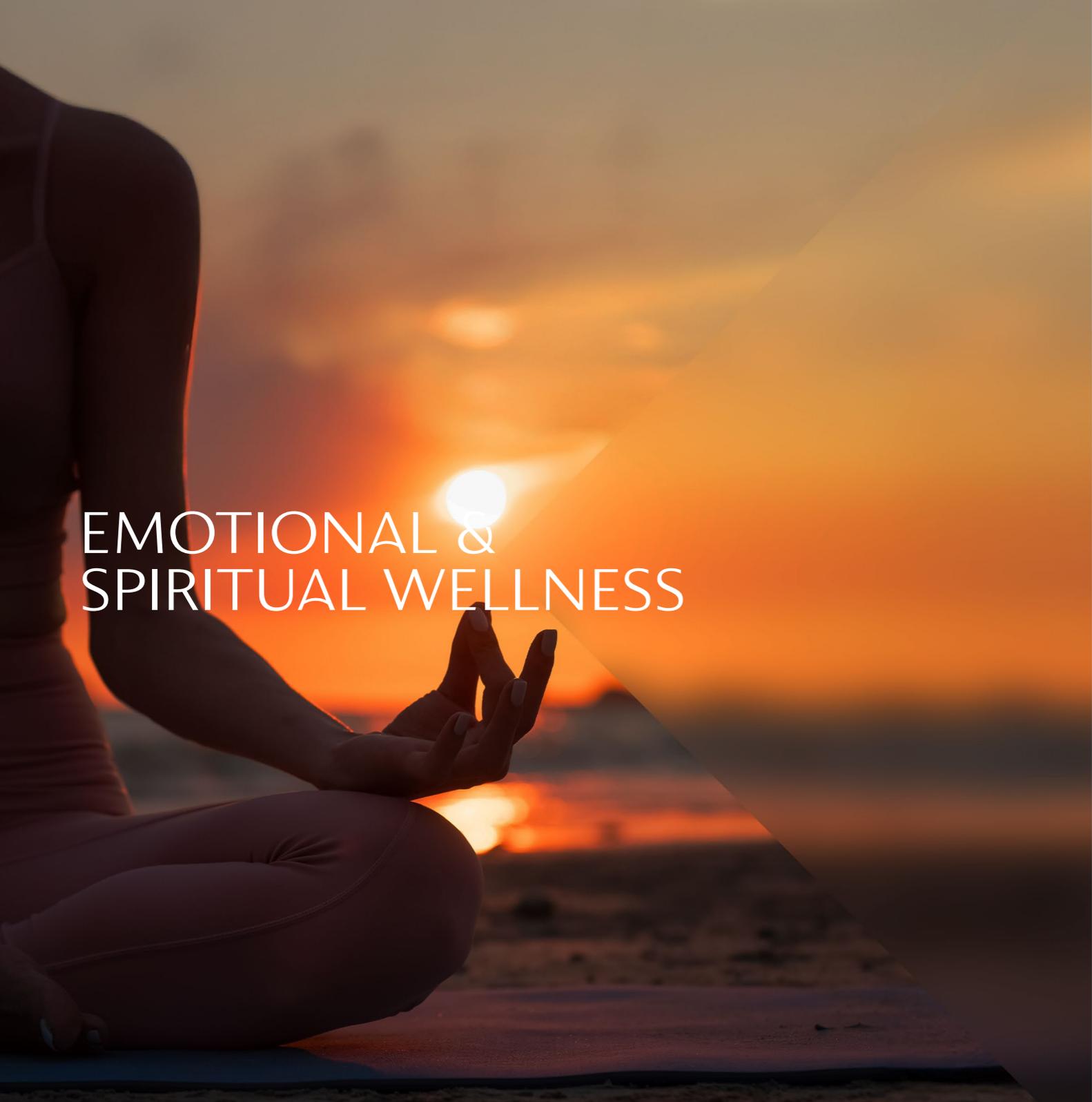
1 session, 45 minutes

Group sessions led by professional instructors in a studio setting. Classes may include a variety of fitness styles such as strength, cardio, functional training, or mind-body workouts. Suitable for all levels.

AQUATIC CLASSES

1 session, 45 minutes

Low-impact water-based workouts designed to improve strength, flexibility, and cardiovascular fitness. The water provides gentle resistance while reducing strain on the joints, making it accessible for a wide range of fitness levels.



EMOTIONAL & SPIRITUAL WELLNESS

YOGA & BODYWORK

1 session, 45 minutes

Experience varying styles of yoga and bodywork to increase your flexibility and vitality. One-on-one and group classes are available.

YOGA NIDRA SLEEP THERAPY

1 session, 45 minutes

Yoga Nidra, or yogic sleep, uses the Shavasana posture combined with a guided meditation that brings you into a state of consciousness between waking and sleeping. It slows down the body and mind, teaching you effortless and profound relaxation.

GUIDED MEDITATION

1 session, 45 minutes

Our intuitive meditation guides will tailor your meditation journey via mental imagery with a series of breathing exercises and mantras. If you prefer, they will simply assist you with ways to enhance your state of mind and increase self-awareness and self-love.

SOUND THERAPY

1 session, 45 minutes

Specialised sound frequencies create a therapeutic atmosphere promoting deep rest, emotional and nervous system rebalancing and releases feel-good hormones that help access deeper levels of inner wisdom and self-healing while in a meditative or theta brainwave state.

SOUND-HEALING SESSIONS

1 session, 45 minutes

SOUND HEALING JOURNEY THROUGH THE ELEMENTS | Physical, mental, emotional and spiritual sound healing journey

RELAX & DE-STRESS | Uplifting yet calming and tranquil sound for complete relaxation

BALANCE & RELEASE | Therapeutic then expansive sound to release tension and feel balanced

HEART TO HEART | To build trust, connection and a sense of peace for couples & families



LONGEVITY & RECOVERY SESSIONS

COLD PLUNGE

1 session, 30 minutes | 3 sessions, 30 minutes | 5 sessions, 30 minutes | 10 sessions, 30 minutes

Step into a powerful reset. Also known as cold water immersion, a cold plunge involves briefly submerging the body in water between 5°C to 12°C. A favourite among athletes and wellness enthusiasts, this invigorating practice reduces inflammation, eases soreness, boosts circulation, and sharpens mental clarity. It promotes resilience, recovery, and a deep sense of renewal.

CONTRAST THERAPY (HOT & COLD)

1 session, 1 hour | 3 sessions, 1 hour | 5 sessions, 1 hour | 10 sessions, 1 hour

Involves alternating between hot and cold water immersion to support the body's natural healing process. The heat helps relax muscles and increase blood flow, while the cold reduces inflammation and soothes muscle soreness. This dynamic temperature shift boosts circulation, accelerates recovery and relieves muscle fatigue, making it an effective tool for post-workout and stress-related recovery.

CRYOTHERAPY

1 session, 30 minutes | 5 sessions, 30 minutes | 10 sessions, 30 minutes

Cryotherapy is a cold-based therapy that helps reduce inflammation, enhance circulation, and relieve muscle soreness. It accelerates recovery after physical activity while promoting overall wellness and vitality. Ideal for athletes and wellness seekers looking to restore balance and improve performance.



WELLNESS PACKAGES

MIND AND BODY REJUVENATION (YOGA & CRYOTHERAPY)

1 session, 1 hour

A holistic wellness journey designed to restore balance between body and mind, beginning with a 45-minute personalised yoga or meditation session, followed by a 15-minute cryotherapy treatment to boost circulation, reduce inflammation, and leave you feeling refreshed and re-energised.

ATHLETE RESET (STRETCHING & CRYOTHERAPY)

1 session, 1 hour

Ideal for active individuals, this session enhances recovery and flexibility through a one-on-one stretching and mobility session, followed by a 15-minute cryotherapy treatment to ease muscle tension, reduce soreness, and boost athletic performance.

ULTIMATE RECOVERY (STRETCHING, CRYOTHERAPY & COLD PLUNGE)

1 session, 1 hour 30 minutes

A premium recovery ritual combining three powerful therapies: a 15-minute cryotherapy session to boost circulation and reduce inflammation, a 30-minute guided cold plunge session to enhance resilience and clarity, and a personalised flexibility session to restore, align, and revitalise the body.

ACTIVE RECOVERY (5K RUN, PERSONAL TRAINING & COLD PLUNGE)

1 session, 1 hour 30 minutes

Accompanied by our personal trainer, enjoy a 5K run along the Jumeirah Crescent, followed by a refreshing cold plunge to aid recovery. Sessions can be booked at any time of the day, subject to trainer availability (not available during summer months).

BALANCE & RESTORE (WELLNESS CLASSES & COLD PLUNGE)

1 session, 1 hour 30 minutes

Choose from yoga (hatha or vinyasa), sound therapy or Reformer Pilates, followed by a revitalising cold plunge session.

FITNESS ASSESSMENTS

ASSESSMENTS

BODY COMPOSITION ANALYSIS

15 minutes

Technogym Checkup is a tool that provides an overview of overall well-being. It measures key physical and cognitive indicators and uses these results to calculate a "Wellness Age™," offering a clear understanding of current health status and areas for improvement.

FUNCTIONAL FITNESS ANALYSIS

30 minutes

Our fitness experts conduct a personalised series of formal assessments to evaluate your functional fitness, focusing on flexibility, coordination, strength, as well as cardiovascular and muscular health.

AWAKEN

ATLANTIS THE ROYAL