**Additional Information**

**PRAMA:** Interactive circuit training where movements are guided by markings on the floor, music and LED lights.

**Yoga:** Hatha based flow class strengthening the body and mind, whilst improving flexibility and the connection to the breath.

- Schedule is subject to change based on attendance, instructor availability and weather conditions. We kindly request that you contact us to check and book in advance.
- Fitness and Wellness Classes: Members, Fairmont Residents, Hotel Guests - AED 55, Non-members - AED 85.
- All prices are in Dirhams and inclusive of a 7% municipality fee, a 10% service charge and a 5% VAT.

All classes/activities are mixed gender classes. For class bookings and information, please call the Health Club reception at 04 457 3330.