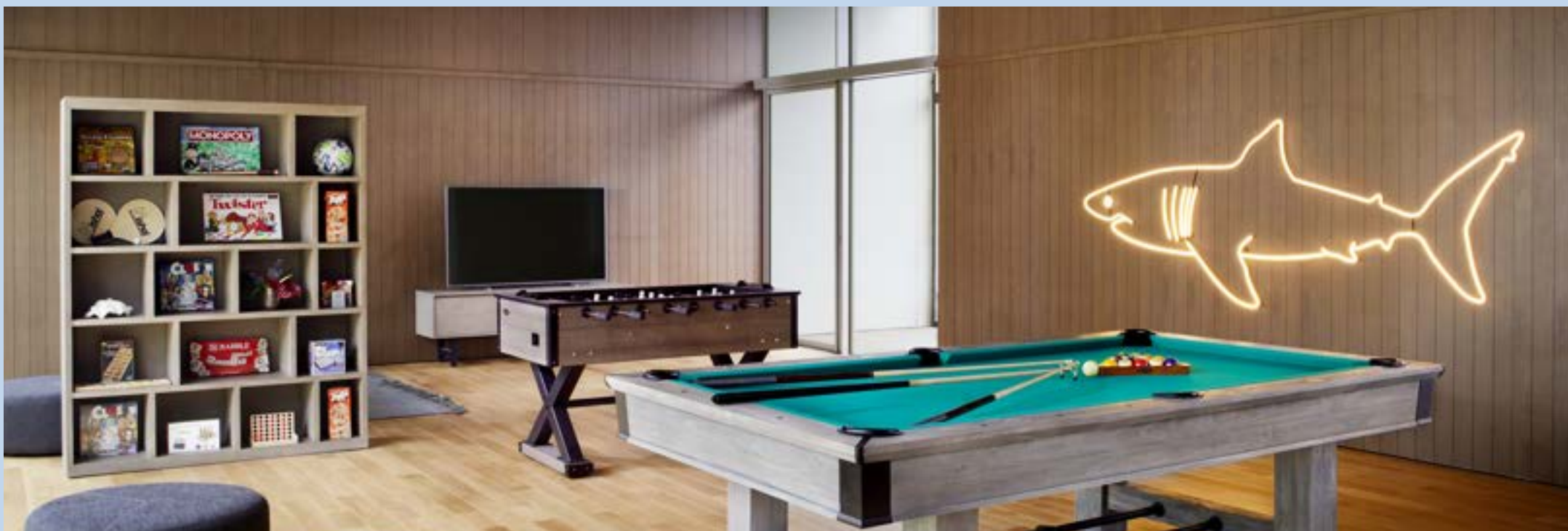


# RECREATION & WELLNESS



THE RITZ-CARLTON

MALDIVES, FARI ISLANDS





## TENNIS ACADEMY

**Hours of Operation: 8:00 am – 12:00 pm | 4:00 pm – 4:00 pm**

Enjoy a game on our synthetic floored lit tennis court. If you are in need of a tennis partner, our Ladies & Gentlemen are happy to assist in finding someone suitable to play with during your stay. Our professional tennis professional is available for private coaching sessions or as playing partner, to help you improve your tennis game while on holidays. From private, semi-private, 'hitting match play' to a social group tournament... the possibilities are endless!

### **Tennis for all ages!**

Our Ritz Kids offers numerous racket games for our youngest of guests, ages three to eleven. Specially designed to help develop a feeling for the ball, improve hand-eye coordination and make their first tennis experience, a memorable one.

For more information, please contact your Aris Meeha or visit Ritz Kids.

## TENNIS PROFESSIONAL

Improve your skills with Manuel Villada, certified Tennis Coach with over 10 years of coaching in different countries, and a proven track record of accomplishments.

As a Tennis Instructor in different renowned schools in Europe and the Middle East, Manuel Villada has coached beginners and experts and has an ample knowledge of the destination.

Our Tennis Professional holds 8 different certifications from the ITF (International Tennis Federation), as well as GPTCA International Coach Level B (Global Professional Tennis Coach Association) and ATP International Coach Level B (Association of Tennis Professionals) certifications. Manuel is also certified in Levels 1 and 2 by ATPCA (Australian Tennis Professional Coaches Association).

Manuel looks forward to welcoming you for a private or group tennis lesson.

For more information, please contact your Aris Meeha or visit Ritz Kids.





## FITNESS CENTRE

**Hours of Operation: Open 24 hours.**

The Fitness Centre offers state-of-the-art LifeFitness Elevation Series equipment, located within its own specialised studio. LifeFitness equipment incorporates the principles of the most innovative training techniques, introduced to our guests by our Fitness Instructors, who will inspire you to create, change or enhance your personal lifestyle goals. Effortless accessibility to idyllic soft sandy beaches means that running and swimming can easily be incorporated into your daily workout routine along with adult aqua gym classes, to keep active while embracing the circle of island life. The unique range of facilities throughout The Ritz-Carlton island makes combining any element of the resort into your routine, a seamless step towards achieving your fitness goals.

Reserve a private fitness class with our resident Fitness Instructor Mr. Ouail Oudghiri (Wael), a certified trained professional with a specialisation in Martial Arts. Wael is committed to providing a customised fitness program tailored to every guest, whether individually or in groups, helping every guests achieve their fitness goals in a comfortable and supportive environment.

For more information, please contact your Aris Meeha.

**PERSONAL TRAINING:** One-on-one class with guests to plan or implement an exercise program that will help improve their health.

**STRETCHING:** It involves holding a position to lengthen the muscle in order to improve muscles elasticity and achieve comfortable muscle tone. Feeling of increased muscle control, flexibility and range of motion are the benefits.

**BODY BALANCE™:** Ideal for anyone and everyone, BODY BALANCE™ is a yoga-based class that will improve mind, body and life. During this proactive an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. Guests will strengthen their entire body and leave the class feeling calm, centered and happy.



**HIIT:** A 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of bodyweight exercises and provides the challenge and intensity you need to get results fast. This workout works with powerful music and inspirational coach who will be down on the floor with guests, motivating them to go harder to get fit fast.

**CIRCUIT TRAINING:** Circuit training is an effective way to increase both cardiovascular and muscular endurance, is a combination of several exercises (stations) exercises performed with short rest periods between them for either a set number of repetitions/ rounds or a prescribed amount of time.

**BOOTCAMP:** Bootcamp is an interval-training workout with bursts of intense activity and rests of lighter activity. You can expect cardio, lightweights, bodyweight exercises, such as pull-ups, push-ups, lunges and crunches, as well as drills and sprints.

**SPECIAL ABS:** This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility.

**MOBILITY STRETCH:** A class dedicated to promote better movement and improved functional range of motion. Consider this as guided self-care. Expect this class to “hurt so good” while you roll, floss, release, and stretch your way to true functional improvement.

**SELF-DEFENSE:** Inspired from martial arts, guests will learn how to defend themselves in case of danger or threat of violence. Highly recommended for those wanting to acquire extra confidence in a safe state of mind.



**SOUND OF HEALING:** Practice that uses vibrations of music, singing bowl, among others, in order to relax and align body & mind. Achieve are relaxation and concentration while controlling anxiety and stress.

**MEDITATION AND PRANAYAMA:** Mediation is a practice of concentration or mindfulness to increase self-awareness. It helps align mind with breathing, and then, breathing with soul, to develop spiritual, social, personal and mental discipline. Pranayama is a practice that needs increase lung capacity and balances the O<sub>2</sub>, CO<sub>2</sub> and other gas levels in the body, to increase stamina, performance and the consciousness.

**TRADITIONAL HATHA YOGA:** Practice of Ancient methods of yoga which aim is to balance both hemispheres of the brain (balance between Ida and Pingala Nadi/channel) and activate the Kundalini power - which is at the base of the spine - to achieve a higher state of consciousness or self-awareness. It is a type of yoga where postures - Asana, Dreathip exercises and gestures are the focus. Guests will how each Asana for certain periods of time, according to their outer and inner body strength and flexibility.

**ASHTANGA VINYASA YOGA:** Ashtanga Vinyasa is vigorous and flowing type of yoga that involves synchronising Dreatning with progressive and continuous postures, which produces internal heat which detoxify the body.

**KUNDALINI YOGA:** This practice involves chanting, singing, breathing exercises and asanas. Its purpose is to activate the kundalini power, locates at the base of spine, which gives you supreme joy.

**AERIAL YOGA:** A fun anti-gravity yoga practice that combines traditional yoga postures with the use of a hammock. Its main objective is to develop arms and core strength for a balanced mind state.

**YIN YOGA:** It is a slow-paced type of yoga in which Asanas (postures) are held for longer periods of time, to help stretch the deep connective tissues without injuries and energy waste.





**YOGA NIDRA:** Also known as Yogic sleep or psychic sleep, this guided meditation leads to the body being completely relaxed, while awareness is turned inward by listening to either instructions or music. Ideal to help establish a state of consciousness between sleeping and awoken.

#### **PRE/POST - NATAL YOGA:**

**Pre-natal:** Ideal to prepare the body for childbirth. Our approach of Pre-natal yoga is to encourage nips stretching, mental centring and focuses breathing, to help relieve lumbar and knee pain.

**Post-natal:** This practice helps mothers to regain strength, flexibility muscle tone, regain their figure, relieve stress and bond with their new-born baby.

**ACRO YOGA:** A type of yoga that combines traditional hatha with aerobatics. Partner work is a key feature of Acro Yoga, to improve strength and balance as well as building trust.

**CHILDREN'S YOGA:** It is a non-competitive and fun way to practice yoga. Working on mindfulness through music, games and stories. Improve memory, strength, breath control and self-regulation, helping children to keep focus and relaxes.

#### **ISLAND SUNRISER**

Join our Fitness Instructor Wael for a 3-km scenic jog on the island followed by a body balance session in our breathtaking Mystique Garden.

To end, an array of nutritious canapés accompanied with fresh coconut water await for an indulgent and healthy start to your day.

SATURDAY | 7:30 am to 8:45 am  
Mystique Garden

Reservations are welcomed up to 24 hours prior to the scheduled time.

For more information, please contact your Aris Meeha.

# PRICE LIST



## TENNIS ACADEMY

Private Lesson	One guest   30 minutes	85
Private Lesson	One guest   60 minutes	160
Private Lesson	One couple   60 minutes	180

## FITNESS STUDIO

### Private Training

Personal Training	Per guest   60 minutes	120
Boxing	Per guest   60 minutes	120
Mobility & Stretch	Per guest   60 minutes	120

### Group Class (minimum 3 guests)

Body Balance	Per guest   45 minutes	90
HIIT	Per guest   30 minutes	90
Circuit Training	Per guest   60 minutes	90
Beach BOOTCAMP	Per guest   60 minutes	90
Special ABS	Per guest   45 minutes	90
Mobility & Stretch	Per guest   45 minutes	90
Self-Defense class	Per guest   45 minutes	90

## WELLNESS EXPERIENCES

Sound of Healing	Per guest   45 minutes	95
Meditation & Pranayama	Per guest   60 minutes	95
Traditional Hatha Yoga	Per guest   60 minutes	95
Ashtanga Vinyasa Yoga	Per guest   60 minutes	95
Kudalini Yoga	Per guest   60 minutes	95
Yin Yoga	Per guest   60 minutes	95
Yoga Nidra	Per guest   60 minutes	95
Pre/Post Natal Yoga	Per guest   60 minutes	95
Acro Yoga	Per guest   60 minutes	95

*Prices are expressed in US dollars, and subject to 10% Service Charge and 12% Goods & Service Tax. For cancellation or changes in any of the Recreation activities: Tennis, Fitness, Yoga, Jean-Michel Cousteau's Ambassadors of the Environment program and photo shoot, a minimum of 4 hours advance notice is required in order to avoid being charged in full. For more information or reservations, please contact your Aris Meeha.*

# PRICE LIST



## YOUTH FITNESS CLASSES (minimum 4 guests)

Children's Yoga	Per guest   45 minutes	65
Circuit Game Training	Per guest   45 minutes	65
Kids Boxing	Per guest   45 minutes	65
Kids Self-Defense	Per guest   45 minutes	65

## JEAN-MICHEL COUSTEAU'S AMBASSADORS OF THE ENVIRONMENT PROGRAM\*

### Land Activities

Intro to Marine Biology (Ages 4-12)	Complimentary   60 minutes	
Marine Biology presentation (Ages 12 & up)	Complimentary   60 minutes	
Ambassadors in our Green Kitchen	Per guest   60 minutes	65
Ocean Drone X	Per guest   90 minutes	45
Sub Aqua X	Per guest   90 minutes	45
Pictures in the Sky	Per guest   60 minutes	45

### Sustainability Activities

**Per guest | 60 minutes 45**

Eco Heroes  
Wonders of Water

### Underwater

Cities Under the Sea Snorkel	Per guest   3 hours	190
Night Snorkel	Per guest   2 hours	150
Marine Biologist Scuba Dive	Per guest   2.5 hours	240

*\* All of the activities in the Jean-Michel Cousteau's Ambassadors of the Environment program can be reserved as private activities. Please contact your Aris Meeha for mor information.*

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## CONNECT WITH US

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#RCMemories #EmbraceIslandLife