



NIYAMA

PRIVATE ISLANDS  
MALDIVES



WELLNESS MENU



## WELLNESS MENU

PUMP at NIYAMA is our state-of-the-art gym, set against the idyllic backdrop of the vibrant turquoise waters of the Indian Ocean. Our certified Personal Trainers are on hand to tailor wellness programmes to suit your every fitness need.



## AQUA WORKOUT

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**60 minutes - USD 85++ (for one person)**  
**USD 125++ (for two persons)**

Kinder to your joints, Aqua Workout is a powerful yet low-impact exercise. Used to rehabilitate the body after injury or where mobility is limited, pain is reduced whilst muscles are strengthened. Effectively burns calories by combining greater range of motion with water resistance to tone and build muscles.

### Benefits:

Low risk movements help exercise joints and protect injuries; working a wider range of muscles.

*Advance bookings are recommended for all activities.*

## TEENS' FITNESS

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**60 minutes - USD75++**

Teens' Fitness is aimed at helping youngsters develop their fitness levels and lead a healthy lifestyle. Instills positive habits and inspires personal development, teaching the correct form of a variety of exercise styles. Adapted to suit individual interests, from kickboxing to dance classes.

## KIDS' FITNESS

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**60 minutes - USD75++**

Kids' Fitness focuses on exercises to boost children's physical development, such as increasing height and growth by lengthening and strengthening the muscles. Kids' Zumba, game-based activities and boot camps add a fun element, keeping youngsters energised.

*Advance bookings are recommended for all activities.*



## HIGH INTENSITY

### ABDOS / BODY SCULPTING / BODY TONING

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**60 minutes - USD 85++ (for one person)**  
**USD 125++ (for two persons)**

Enjoyed as combined or individual sessions, Abdos, Body Sculpting and Body Toning focus on strengthening your core muscles. Designs the body's shape and contours with specific zone exercises.

Benefits:  
Ensures focused toning of problem areas. Increases metabolism and cardiovascular conditioning while helping prevent osteoporosis with low-impact exercises.

### CIRCUIT TRAINING

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**60 minutes - USD 85++ (for one person)**  
**USD 125++ (for two persons)**

Body conditioning and resistance training which can be adapted to the gym or a natural setting, Circuit Training focuses on targeted high-intensity exercises to build your strength and endurance levels.

Benefits:  
Burns maximum calories in the minimum time; increasing mobility and stamina.

*Advance bookings are recommended for all activities.*





## MUAY THAI / CARDIO KICKBOXING

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**60 minutes - USD 85++ (for one person)**  
**USD 125++ (for two persons)**

Combat sports are adapted as effective fitness tools with our Muay Thai and Cardio Kickboxing sessions; evolved from Thai Boxing, which uses the 'art of the eight limbs', to engage all your body parts for greater range of motion. Sessions focus on shadow boxing, pad work, speed punches and kicks, plus circuit training.

**Benefits:**

Reduces stress and releases pent-up physical and mental frustrations and energy. Speed training is effective in promoting weight loss.

## PERSONAL TRAINING

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**60 minutes - USD 85++ (for one person)**  
**USD 125++ (for two persons)**

Our Personal Trainer devises bespoke Personal Training programmes. Following a consultation, a personalised workout strategy is created either for single sessions or to target specific goals during your stay.

**Benefits:**

Focused, motivating training introduces results driven programmes to achieve your desired goals.

*Advance bookings are recommended for all activities.*

## SWIMMING

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**60 minutes - USD 85++ (for one person)**  
**USD 125++ (for two persons)**

Our Swimming Instructor conducts personal swimming sessions for all levels.

**Abilities:**

All abilities are welcomed, from athletes honing their skills to absolute beginners. Programmes are designed to inspire and adapt to your level.

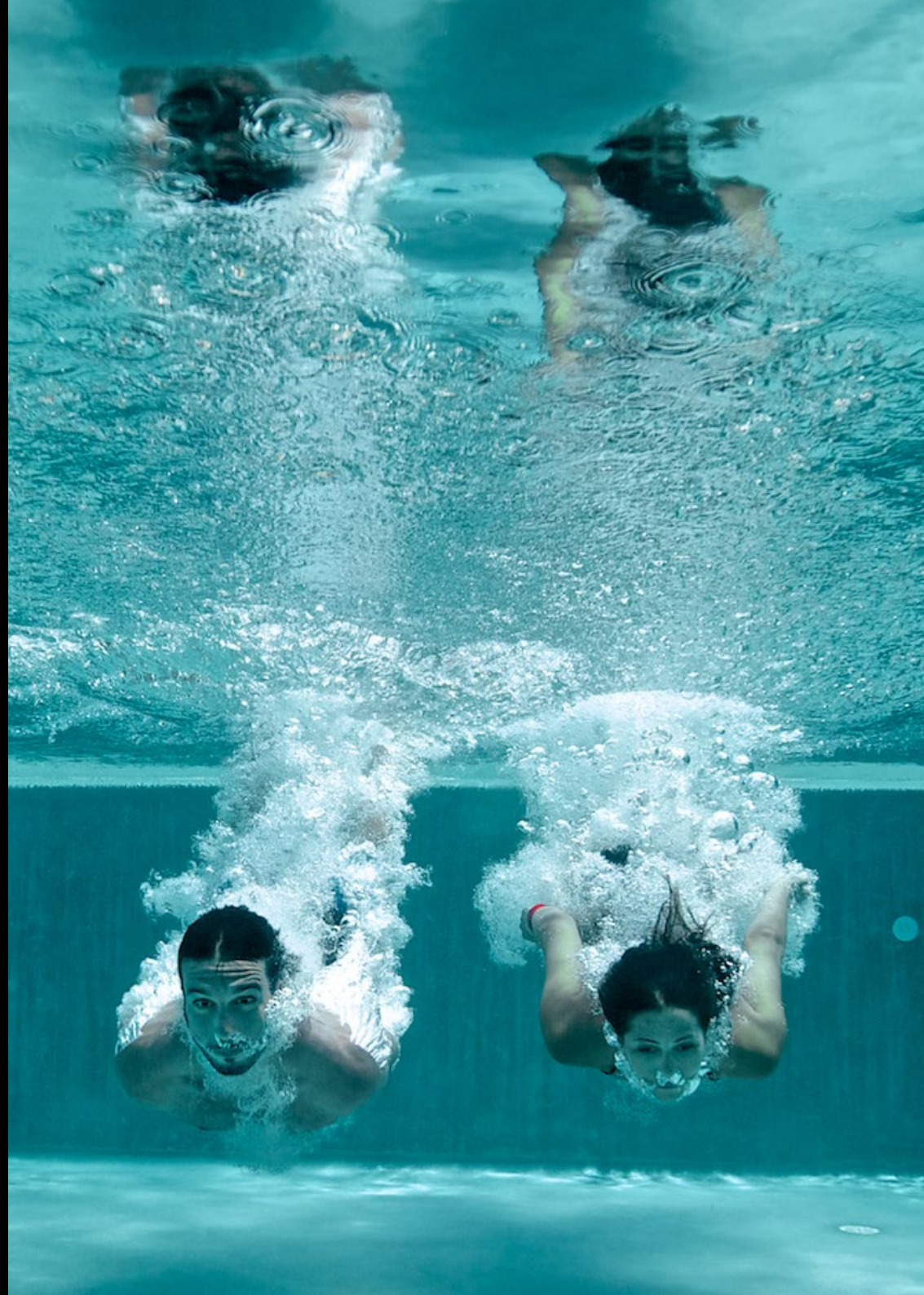
**Location:**

Sessions can be enjoyed in a range of stunning locations at the resort and beyond; from the privacy of your villa to the great outdoors, our Sports & Leisure Team can advise on the best location.

**Health Advice:**

To ensure you get the most out of your workout do not eat within 60-90 minutes prior to your session.

*Advance bookings are recommended for all activities.*





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