Mandapa

A RITZ-CARLTON RESERVE



Fitness Program



To further elevate the fitness experience, we are introducing dynamic workout offerings designed to help guests achieve their fitness goals through strength, endurance, and body toning.

Morning Jogging
60 minutes

Embrace the day with a refreshing morning jog amidst our resort's lush tropical grounds. Breathe in the invigorating air, surrounded by nature's beauty and serenity.

Active Flow Stretching
60 minutes

Experience a blend of dynamic movements that enhance flexibility, balance, and energy—an inspiring way to jumpstart your day.

Functional Fitness
60 minutes

Ignite your metabolism, burn fat, and boost cardiovascular endurance in a short period.

Weight Loss & Toning Program
60 minutes

Transform your body by shedding excess fat, toning your muscles, and improving overall composition.

Strength and Conditioning
60 minutes

Enhance overall movement, balance, coordination, and functional strength for daily activities.

Advance reservation is required, limited availability per session. Please contact your Patih or Spa at ext. 6000.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Disconnect to Reconnect Fitness Program							
7:00 AM - 7:45 AM	Morning Jogging	Active Flow Stretching	Functional Fitness	Morning Jogging	Active Flow Stretching	Weight Loss & Toning Program	Strength & Conditioning Program
	Spa Foyer	Fitness Center	Fitness Center	Spa Foyer	Fitness Center	Fitness Center	Fitness Center

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