

## Health and Well-being

All of the following experiences are available with our compliments.

**Sunrise Yoga** - Rise with the dawn for an energising series of asanas (yoga postures). Find inner strength and serenity in equal measure at our yoga studio, with views across the water feature. Beginners and experts alike will find immense value in the steady guidance of our expert yoga instructor.

Timings: 7.00am – 8.00am. Friday to Tuesday.

**Morning Run with the General Manager** - Join our General Manager for a morning run through the resort's manicured jogging trails; through the olive groves, fruit orchards and gardens. Complete your workout with a stretching session and revitalising fruit-infused mineral water.

Timings: 7.30am – 9.00am. Every Monday, Wednesday and Friday.

**Muscle Reinforcement Workout** - Our resident fitness expert will guide you on a regimen of muscle enhancing exercises designed to help the body develop in a fit, healthy and balanced way.

Timings: 10.00am – 11.00am. Every Wednesday and Friday.

**Cross Training** - Leave the machines behind and energise your body with some high intensity strength and conditioning training. A mix of aerobic and body weight exercises combined with weightlifting.

Timings: 10.00am – 11.00am. Every Thursday.

**Cardio Boxing** - Realise your inner power with non-contact martial arts moves that focus on building stamina, endurance and flexibility. A challenging workout designed to burn calories and empower you throughout the day.

Timings: 10.00am – 11.00am. Every Saturday.

**Circuit Training** - Circuit training is a high-octane outdoor workout where single exercises are done in rapid succession for between 30 seconds and 5 minutes each. Listen out for your instructor calling: "time" as you push your limits with this high intensity highly enjoyable training.

Timings: 10.00am – 11.00am. Every Sunday.

**Float Fit HIIT** - Let the pool be your new gym! Using a floating exercise mat, you can experience this original action-packed interval workout on water to improve mobility as well as muscular strength and development.

Timings: 8.00am – 9.00am. Every Saturday.

**Float Fit Balance** - Inspired by yoga and Pilates, this workout on water is a unique and exiting way to improve your balance, muscle elasticity and strength.

Timings: 8.00am – 9.00am. Every Thursday and Sunday.

*Please book the above experiences as early as possible. All bookings are subject to availability. To book, please email: [conciERGE.marrakech@oberoihotels.co](mailto:conciERGE.marrakech@oberoihotels.co)*