



CONSTANCE Halaveli Resort

MALDIVES



PNF STRETCHING

PNF stretching is considered as one of the most effective forms of flexibility training. Proprioceptive Neuromuscular Facilitation (PNF) is a more advanced form of flexibility training that involves both the stretching and contraction of the muscle group being targeted.

PNF stretching was originally developed as a form of rehabilitation, and to that effect it is very effective. It is also excellent for targeting specific muscle groups, and as well as increasing flexibility, (and range of movement) it also improves muscular strength.

Duration: 50 mins Price: \$100+ service charges



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STOTT PILATES CLASS

Stott Pilates exercise improves core strength and balances the muscles around the joints, improving the way your body functions, looks and feels. The Five Basic Principles focus on:

- Breathing
- Pelvic placement
- Rib cage placement
- Scapular movement
- Head & cervical spine placement

Benefits of Stott Pilates:

- longer, leaner muscles (less bulk, more freedom of movement)
- improves postural problems
- increases core strength, stability and peripheral mobility
- helps prevent injury
- enhances functional fitness, ease of movement
- balances strength & flexibility
- heightens body awareness
- no-impact, easy on the joints
- can be customized to suit everyone from rehab patients to elite athletes
- complements other methods of exercise
- improves performance in sports (golf, skiing, skating etc.)
- Improves balance, coordination & circulation

Duration: 60 mins Price: \$70 +service charges



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KINESIS CONDITIONING SESSION

Kinesis utilizes the world's most advanced fitness equipment. Kinesis is unique in its ability to simultaneously combine strength training, flexibility and balance conditioning. The end result is total integration and increased harmony in mind, body and movement.

Benefits of kinesis conditioning:

- Burns more calories - 30% more than traditional exercise equipment training.
- Enhances balance, strength and flexibility -
- Produces greater mindfulness and focus
- Facilitates injury prevention and rehabilitation

Duration: 50 mins Price: \$70+ service charges



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PERSONAL TRAINING CLASS

To make the grade in the shortest amount of time, it pays to go to the pros. A personal trainer can teach you how to work harder and smarter at the gym, helping to maximize your results while optimizing your time there. You'll get a personalized workout designed specifically to match your needs — plus, your trainer is going to push you in ways you couldn't yourself.

“At every session, your workout will change based on how you are progressing,” Your trainer will be able to pinpoint and manage your specific goals as they evolve. “Whether you are looking to lose weight, tone up, increase your lean body mass, get motivated or get started for the first time, a personal trainer will be able to design a customized workout plan for you that will help you accomplish your goals.”

It is the perfect time to commit yourself and to take care of your health and fitness with our ACSM Certified Personal Trainer Swapnil Patil at Constance Halaveli Resort fitness center.

We've made it easier than ever to get started. It's a great opportunity for us to get to know you, understand your needs and to discuss a plan that would work best for you. Our number one goal is to help you look and feel your best & energize your life. Plus, we're offering all kinds of great Holiday Specials to help you take action today!

At Personal Training, you will enjoy a friendly, non-intimidating, supportive environment where we focus on ensuring you achieve incredible results!

Variety of training program:

- Weight loss program
- Weight gain program
- Health benefit program
- Special population program
- Body weight training
- Special workout for lean body muscle mass
- ABS Contraction
- Special abs + Hips session for ladies

Duration: 50 mins Price: \$70+service charge