

The Personal Fitness Centre

Complimentary Activities (Ask for our Gazette at the Reception)

Gym - Cardio and Weight Training
 Bike Rides inside the Resort
 Aquagym
 Group Fitness Training - Step, Abs & Stretch, Body Shape, Boot Camps, Hiit routines etc..
 Zumba
 Group Jogging and Walking
 Tennis
 Beach Bocci balls

Group Fitness / Activities with Supplement

Rates

BASI Pilates - Mat group sessions/1h	MUR 850 / per pax
Guided Bike Rides and Kayak Trips (Outside Anahita)	As from MUR 1000 / per pax
Kids Tennis School	MUR 2,000
Rent a Bike / Inside the Resort	MUR 200 / per day
Rent a Bike / Outside the Resort	MUR 450 half day / 600 per day

Personal Fitness Trainings

Train with a Personal Coach / 1Hr session	MUR 2,500
Packages:	
1. The Awakening Personal Training Package (4 hours)	MUR 9,000
2. The Challenge Personal Training Package (7 hours)	MUR 14,000

Tennis Lessons

1Hr Tennis Lesson with a Pro	MUR 3,000
1Hr Tennis Shared Lesson with a Pro	MUR 3,500