

**A BOUTIQUE FITNESS EXPERIENCE,
AT
THE STABLES FITNESS CENTRE**

The Stables Fitness Centre, a boutique fitness centre at Desert Palm Dubai is the only facility of its kind in Dubai to boast stunning views of luscious green polo fields, while combining beautiful spaces with the latest fitness equipment. The centre has a team of qualified fitness specialists tasked with developing bespoke training programmes.

The Stables Fitness Centre has the latest Technogym® fitness machines and strength equipment designed to ensure an invigorating workout in an exclusive environment. All cardio machines are equipped with inbuilt LED screens, over 50 TV and radio channels and iPod docking stations, plus Technogym's Wellness Key® system to track your results and to remember your goals, eliminating the need to rekey in your personal details each time you work out.

In addition, The Stables Fitness Centre has a team of personal trainers and group fitness instructors. The fitness staff on hand to guide visitors to get the most out of a workout. Each trainer has extensive experience as well as diverse fitness backgrounds. They are able to tailor programmes to meet your goals whether you are looking for fitness or flexibility or rehabilitation.

The opening of The Stables Fitness Centre at Desert Palm, is the perfect addition to the leisure and fitness facilities currently on offer, and is yet another reason why Desert Palm is one of Dubai's most sought after luxury lifestyle destinations. Combining unique leisure experiences

ranging from polo to luxurious pampering to fine dining, Desert Palm is a fitness haven for those looking to make health and wellbeing a priority. In addition, The Stables Fitness Centre also offers steam and sauna facilities in both male and female locker rooms, complimentary iPods and relaxing outdoor spaces, making it the perfect boutique fitness partner. Fitness enthusiasts can round off their workout in one of our AI fresco spaces overlooking stunning views of lush green polo grounds.

Providing the ideal way to get fit, regardless of fitness levels or experience, Desert Palm has a fitness solution for everyone. Whether it's outdoor running or mountain biking, Desert Palm has a marked track, 2 tennis courts, a squash court, multi-purpose outdoor court, beach wood rubber floor, dedicated strength training section and fitness studio for instructed classes, there is something for everyone. The Stables Fitness Centre also features a studio for instructed Les Mills fitness classes including RPM, CXWORX, Body pump, Body balance and free style classes such as Pilates, Fitball, Circuit, Yoga that will guide people through a motivating session to create the best exercise experience.

The Stables Fitness Centre membership would give you access to various benefits, including:

1. 20% off meals for up to four guests at selected restaurants at Desert Palm
2. Complimentary access for swimming in the infinity pool between 7AM to 11AM and 5PM to 7PM daily
3. 20% off LIME Spa treatments at Desert Palm
4. Five complimentary guest passes for use of the gym at Desert Palm if yearly membership purchased.

5. Additional 20% discount on guest passes for use of the gym (Daily Rates)
6. Complimentary wellness assessment
7. Free group classes (excluding Yoga)

The Stables Fitness Centre is open daily from 6.00am - 11.00pm. For more information about The Stables Fitness Centre, membership fees and personal training instruction please email: stablesfitness@desertpalm.ae or call: +971 4 602 9300.

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About Desert Palm

A well-kept secret, Desert Palm Dubai is only 20 minutes from Dubai's urban heart. Located on an extensive polo estate, the resort is nestled amidst lush polo fields, away from the bustling city centre. An oasis of calm, this sumptuously and discreetly luxurious retreat is a hidden world with cosy private pool villas, chic spaces for culinary refinement and spa indulgences surrounded by vast green landscapes, rare birds and endless sunshine.

Desert Palm Dubai has transitioned from operating as part of the MINOR Hotel Group & PER AQUUM Resorts and Hotels to an independent property managed by successful, creative and highly driven customer oriented team members.

For any further information, please contact:

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