



## Experience our Express Movement classes based on the OMNIA® unit from Technogym®

**SHUIQI MOVE** is designed for functional training which engages stability, movement patterns and muscle chains

**SHUIQI TRAIN** is a High Intensity Interval Training programme aimed at increasing metabolic rate, optimising muscle building and increasing calorie burn

**SHUIQI PLAY** is a motivational workout experience suited to your individual style to improve cardiac function, strength, mobility and metabolic efficiency

**All classes are 30min and AED 75 per guest**

**For bookings, please call 61432**

**SHUIQI**  
SPA & FITNESS

**ATLANTIS**  
THE PALM, DUBAI

[atlantisthepalm.com](http://atlantisthepalm.com)