



# The Harmony Programme

## Reformer Pilates Meets Strength Training

Find your perfect balance this summer with a holistic programme that combines mindful movement and targeted strength training to support a healthier, more confident you.

The Harmony Program runs for 4 weeks and combines Reformer Pilates with Upper and Lower Body Strength Training. Participants complete four Reformer Pilates sessions and three Strength Training sessions per week.

A combined Pilates and Strength Training program enhances core strength, muscle mass development, maximal strength, posture and alignment, mobility and flexibility, balance and coordination, bone density, injury prevention, and metabolic health, while leveraging progressive overload principles to build a stronger, more resilient, and functionally capable body.

### Programme Structure:

#### Reformer Pilates (Morning)

Monday and Tuesday :07:00 to 07:50 and Saturday 09:00 to 09:50

#### Reformer Pilates (Evening)

Monday and Wednesday:16:00 to 16:50 and Sunday 10:00 to 10:50

#### Strength Upper Body

Monday and Thursday: 08:15 to 09:15

#### Strength Lower Body

Wednesday and Friday: 08:15 to 09:15

\*Train in small groups with expert guidance and customised workouts designed around your individual assessment.

| 1 Week Trial                                                                                                                                                                                                     | 4-Week Summer Harmony Programme                                                                                                                                                                                                                                                                         |
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| <ul style="list-style-type: none"><li>• Priced at AED 1,000</li><li>• Personalised training programme for one week</li><li>• One recovery session</li><li>• Complimentary access to the spa facilities</li></ul> | <ul style="list-style-type: none"><li>• Priced at AED 3,500</li><li>• Complete four-week personalised training programme</li><li>• Two recovery sessions</li><li>• Complimentary access to the spa facilities</li><li>• One-day pool and beach access</li><li>• 20% savings on spa treatments</li></ul> |

GYM  
ON SAADIYAT

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