



# Fitness Factsheet

Kamalaya's new fitness centre, launched in January 2015, houses over 22 pieces of the latest equipment for cardio, resistance, strengthening, weight, Pilates and TRX training. The fitness centre covers approximately 294m<sup>2</sup> with three areas comprising of an upper area for cardio and stretching, two lower sections for weight and resistance training as well as a consultation room for private personal training sessions.

## FITNESS EQUIPMENT OVERVIEW:

### Leg Extension and Leg Curl

Used to strengthen legs  
(Quadriceps and hamstrings).



### Seated Leg Press

Used to strengthen legs  
(Quadriceps, glutes and hamstrings).



### Adductor and Abductor Machine

Used to strengthen inner and  
out thighs.



### Standing Preacher Curl Machine

Used to strengthening biceps using an  
EZ bar and weight plates.





### **Chest and Shoulder Press**

Used to strengthen shoulders and chest.



### **Lat Pull Down and Low Row Pulley**

Used to strengthen the back muscles.



### **Smith Machine**

Whole body strengthening using a fixed bar and weight plates.



### **Multi –Adjustable Pulley**

Used for full body strengthening and functional training.



### **Free Weights**

Used for full body strengthening and functional training.



### **Roman Chair**

Used for strengthening abdominals.



### **Power Plate**

Used for full body vibration training.



### **Recumbent Bike**

Cardio training focusing on lower body.



### **Upright Bike**

Cardio training focusing on lower body.



### **Spinning Bike**

Cardio training focusing on lower body.



### **Rowing Machine**

Cardio training focusing on upper body.



### **Seated Elliptical**

Full body Cardio training.





### **Standing Elliptical**

Full body cardio training.



### **Elliptical Cross Trainer**

Full body cardio training.



### **Treadmill**

Cardio training focusing on lower body.



### **Lateral Cross Trainer**

Full body cardio training.



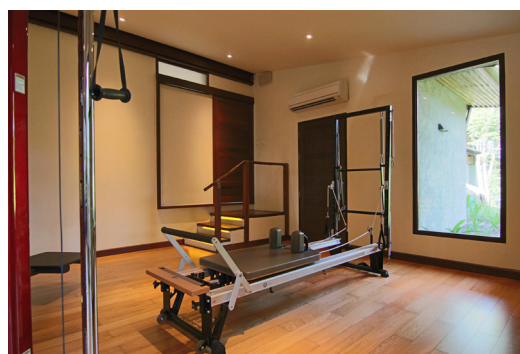
### **360 Synergy**

360 full body workout.



### **Pilates Reformer**

Finely tuned resistance exercise.



### **MORE KAMALAYA FITNESS FACILITIES:**

Kamalaya's fitness facilities now cover 1,200m<sup>2</sup> including the Shakti Fitness Centre, Padma studio for personal training, Yantra Hall and Yoga Pavilion for group classes and smaller Prana Sala for 1-2-1 sessions, as well as leisure pool and new 25m lap pool, two steam rooms and changing areas.

#### **Padma Fitness Studio**

Our smaller indoor studio is available for personal one on one or small group Yoga, Pilates and Personal training sessions.



#### **Prana Sala**

Situated amidst ancient granite boulders, streams and tropical vegetation, our idyllic smaller outdoor open-air yoga sala is ideal for personal one on one yoga sessions.



#### **Yoga Pavilion**

With stunning views of the ocean, the open-air Yoga Pavilion is the perfect place to feel at one with nature. The venue, comfortably accommodating 30 guests, is an ideal location for Kamalaya's holistic group yoga, meditation, pranayama and fitness activities.



#### **25m Lap Pool**

Our new 25m Lap pool is ideal for swimming fitness training or a perfect location for our new Aqua fitness classes that include Aqua Aerobics and Aqua Yoga.

