

ANAHITA



GOLF & SPA RESORT
MAURITIUS

PERSONAL FITNESS CENTRE

COMPLIMENTARY ACTIVITIES

- ✦ Gym – Cardio and Weight Training
- ✦ Bike Rides inside the resort
- ✦ Aquagym
- ✦ Group Fitness Training (Abs Sessions, Cardio Training, Fitness Circuit, Endurance Work out, Boxing Circuit, Core Workout, Stretching etc...)
- ✦ Tennis
- ✦ Bocci Balls

ACTIVITIES WITH SUPPLEMENT

- ✦ Guided Bike Trips
- ✦ Kayak Trips
- ✦ Bike Rental / Inside the Resort
- ✦ Bike Rental / Outside the Resort

PERSONAL FITNESS TRAININGS

- ✦ Train with a Personal Coach
- ✦ The Awakening Training Package
- ✦ The Challenge Personal Training Package
- ✦ Swimming lesson (Kids & Adults)

TENNIS LESSONS

- ✦ 1Hr Tennis Lesson with a pro
- ✦ 1Hr Tennis Lesson Shared with a pro

