



## FITNESS ACTIVITIES SCHEDULES & OFFERS

*October 1<sup>st</sup> to 31<sup>st</sup> 2018*

### FITNESS OFFERS

Duration / Session	Personal Training	Partner Training Member's Price
45 minutes		QAR 125
1 hour	QAR 225	
5 sessions	QAR 1,000	
10 sessions	QAR 1,800	
15 sessions		QAR 1,650
20 sessions	QAR 3,250	
30 sessions	QAR 4,500	QAR 3,000
Unlimited One Month	QAR 3,500*	QAR 2,650

\*Member's Price

### SPA FIT TRACK MEMBERSHIPS

Into Shape	One Month Single	Three Months Single	Three Months Couple
	QAR 1,250	QAR 2,850	QAR 4,250

### EXPRESS OFFERS

Super Stretching	45 minutes / QAR 300
Back Relief	20 minutes / QAR 125
Fitness Assessment	20 minutes / QAR 125

## FITNESS & WELLNESS ACTIVITY SCHEDULE

QAR 30 | Spa Members / QAR 60 | Non Members / \*Prices Vary

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17:30 – 18:30 <sup>YH</sup> Hatha Yoga 7 <sup>th</sup> & 14 <sup>th</sup> Only	18:00 – 18:45 <sup>MA</sup> Bootcamp	19:00 – 20:30 <sup>MA</sup> Tai Chi Chuan	18:00 – 19:00 <sup>SS/MA</sup> Spinning +  <b>C</b>	18:00 – 18:45 <sup>TRX</sup> Tabata	10:30 – 12:00 <sup>YH</sup> Dynamic Hot Yoga	08:00 – 08:45 <sup>TRX</sup> Bootcamp ----- 9:30 – 10:30 <sup>TRX</sup> Ki Gong 20 <sup>th</sup> and 27 <sup>th</sup> only
18:00 – 18:45 <sup>SS</sup> Spinning  <b>C</b>	18:30 – 19:15 <sup>TRX</sup> Metafit  <b>C</b>	18:00 – 19:00 <sup>TRX</sup> Ki Gong 16 <sup>th</sup> , 23 <sup>rd</sup> and 30 <sup>th</sup> only	19:00 – 20:30 <sup>YH</sup> Hatha Yoga 24 <sup>th</sup> Full Moon Yoga	19:00 – 20:30 18 <sup>th</sup> Charity yoga	13:30 – 14:30 <sup>YH</sup> Sound Therapy	10:30 – 12:00 <sup>YH</sup> Hatha Yoga
19:00 – 20:30 <sup>YH</sup> Hatha Yoga	19:00 – 20:30 <sup>YH</sup> Hatha Yoga		19:00 – 20:30 <sup>MA</sup> Wing Chun		16:00 – 16:45 <sup>TRX</sup> ABS  <b>C</b>	18:00 – 18:45 <sup>MA</sup> Bootcamp
19:00 – 20:30 <sup>MA</sup> Wing Chun						18:00 – 18:45 <sup>TRX</sup> TRX  <b>C</b>
LADIES ONLY CLASSES						
	17:30 – 18:15 <sup>YH</sup> Pilates  <b>C</b>	16:00 – 17:00 <sup>TRX</sup> Yoga Therapy 2,9 and 16 <sup>th</sup> only ----- 17:00 – 18:00 <sup>MA</sup> Sound Therapy  <b>C</b>	17:30 – 18:15 <sup>YH</sup> Pilates  <b>C</b>	18:00 – 19:00 <sup>MA</sup> Deep Stretching & Brain Meditation 18 <sup>th</sup> & 25 <sup>th</sup> Only ----- 16:30 – 17:15 <sup>YH</sup> Steps & Firm  <b>C</b>		

YH – Yoga Hall | SS – Spin Studio | TRX – TRX Room | MA – Mixed Activity | K – Kinesis Room | **C** – Complementary

\* - Outside Practitioner | \*\* - Wellness Education | \*\*\* - Activity | \*\*\*\* - Group Activity

For further information, please contact us at [spa.sharq.info@sharqvillagespa.com](mailto:spa.sharq.info@sharqvillagespa.com) or phone + 974 4425 6999

Children under 18 years are not permitted at the fitness facilities – Kids classes are the only exception.



## POWER NAP

For excellent physical and mental well-being, sleep is far and away the most important activity of the day. A period of sound sleep works wonders for memory, alertness, immune system, over energy level, and your body's cell repair activity.

This calming 80-minute session focuses with gentle pressure on the chest, face and head, preparing your mind for relaxation and much-needed rest. Cool stones are applied to the face to provide a release of tension and to treat chronic headaches.

Try it today, and you will feel bright and energised when morning comes

80 minutes | QAR 650.

Contact Sharq Village Spa to book

T: +974 4425 6999 | [spa.sharq.info@sharqvillagespa.com](mailto:spa.sharq.info@sharqvillagespa.com) | [www.sharqvillagespa.com](http://www.sharqvillagespa.com)



## الغفوة السريعة

يُعد النوم من أهم الأنشطة اليومية على الإطلاق، نظراً لأهميته في المحافظة على الصحة الجسدية والذهنية. فالغفوة العميقة تساهم في تحسين قوة الذاكرة واليقظة والجهاز المناعي للجسم ومستوى الطاقة وقدرة الجسم على إصلاح الخلايا.

هذه الجلسة التي تستدعي التهدئة والاسترخاء تستمر لمدة 80 دقيقة وتُركز على منطقة الصدر والوجه والرأس من خلال الضغط الخفيف، مما يُهيئ الذهن للاسترخاء والراحة. كما يتم وضع الأحجار الباردة على الوجه للتخلص من التوتر العصبي ولعلاج الصداع المُزمن.

بادروا بتجربة هذه الجلسة اليوم وسوف تشعرون بالحيوية والنشاط في الصباح.

دقيقة 80

ريال 650

للحجز يرجى الاتصال بسبا فريج شرق

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## تمارين الإطالة

احرصوا على حماية عضلات الجسم بعد أداء التدريبات الرياضية وذلك من خلال جلسة الإطالة الخاصة هذه، حيث يساعدكم أخصائيو اللياقة البدنية على تهدئة العضلات واستعادة الحالة الطبيعية للجسم من أجل تفادي أي تصلب أو تيبس محتمل للعضلات. ومن خلال أداء هذه المجموعة الفريدة من تمارين الإطالة، سوف تشعرون بالانتعاش والحيوية والنشاط.

عقب الانتهاء من جلسة الإطالة، يقوم أخصائيو اللياقة بتبني أسلوب فعال للتعاطي مع العضلات بهدف تقوية الجسم في مناطق محددة. هذا ويناسب علاج التهدئة المتقدم الرياضيين من كافة المستويات والقدرات.

بادروا بحجز جلسة الإطالة هذه والتي تستمر لمدة 45 دقيقة اليوم وحسنوا من مرونتكم ومن قدرتكم على التعافي بعد أداء التدريبات الرياضية.

اتصلوا بالسبا لحجز جلستكم الشخصية بسعر خاص أو احصلوا على جلسة مجانية عند شرائكم 5 جلسات تدريب شخصية.

دقيقة 45

ريال 300

للحجز يرجى الاتصال بسبا فريج شرق

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## SUPER STRETCH

Protect your muscles after a good workout through this personalised stretching session. Super Stretch fitness experts will help ease you back gently from your exercise routine, guiding your body back to normal to avoid stiffness and aid the recovery process. By performing this unique cooldown stretch combination, you'll walk away from a satisfying workout feeling refreshed and rejuvenated.

After a full one-to-one stretch, personal trainers will employ an effective muscle manipulation technique to strengthen your body where you need it most. The cooling-down treatment is useful for athletes of all levels.

Book this 45-minute Super Stretch session today, and improve your mobility and recovery.

Call the spa to reserve your private session at a special price, or receive one complimentary session for any purchase of 5 sessions of personal training

45 minutes | QAR 300.

Contact Sharq Village Spa to book

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## OCTOBER 2018 NEWSLETTER

Dear Members and Guests,

Prepare yourself for the cooler season with our great promotions!

Revel in a full relaxing head and foot treatment from one of our October specials and welcome our new visiting practitioner this month Howard Gilbert, an Osteopathy specialist. Our beloved members can invite a friend to become a member and will receive a complimentary extension.

Stay fit and healthy,  
Sharq Village Spa Team

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### MONTHLY SPECIALS

#### FALL INTO RELAXATION | 75 MINUTES | QAR 600

Start with a 30 minute relaxing head massage that increases nourishment and oxygen to the scalp and hair follicle which stimulates hair growth and improves lymphatic drainage and blood flow. Continue your journey with a 45 minute foot ritual for deep relaxation.



#### COMPLETE HAMMAM JOURNEY | 80 MINUTES | QAR 800

This treatment is not only excellent for removing dead skin cells, it also reduces stress, anxiety and allows deep relaxation. It starts with gentle exfoliation with our traditional mitts follow by detoxifying body mask to leave the skin deep moisturizer and healthy.

## NEW TREATMENT LAUNCH



### POWER NAP | 80 MINUTES | QAR 650

For excellent physical and mental well-being, sleep is far and away the most important activity of the day. A period of sound sleep works wonders for memory, alertness, immune system, over energy level, and your body's cell repair activity.

This calming 80-minute session focuses with gentle pressure on the chest, face and head, preparing your mind for relaxation and much-needed rest. Cool stones are applied to the face to provide a release of tension and to treat chronic headaches.

### SUPER STRETCH | 45 MINUTES | QAR 300

Protect your muscles after a good workout through this personalized stretching session. Super Stretch fitness experts will help ease you back gently from your exercise routine, guiding your body back to normal to avoid stiffness and aid the recovery process. By performing this unique cooldown stretch combination, you'll walk away from a satisfying workout feeling refreshed and rejuvenated.

After a full one-to-one stretch, personal trainers will employ an effective muscle manipulation technique to strengthen your body where you need it most. The cooling-down treatment is useful for athletes of all levels.



## MEMBERSHIP OFFERS

Great news to all our current members - get a complimentary one month extension or more when you invite a friend to be a member with us for a year.

Offer valid until October 31<sup>st</sup> 2018

Terms and conditions apply.

For more information on this special offer please contact our spa.

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## FITNESS OFFERS

Join with our special annual fitness membership offer for this month for only:

QAR 7,500 – Single

QAR 13,000 – Double

## EVENTS & CLASSES

New Activity – Metafit

Free for Members

QAR 60 for Non-Members

Breast Cancer Charity Yoga | Sarath

Thursday, 18 October 2018 | 7:00 pm – 8:30 pm

Minimum donation of QAR 60 | Indoor event

Full Moon Yoga | Sarath

Wednesday, 24 October 2018 | 7:00 pm – 8:30 pm

QAR 60

Enjoy a wonderful night of yoga under the stars and under the skillful supervision of our yoga masters.

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## PRACTITIONERS

### SOUND THERAPY INSTRUCTOR



NATALIE KELLY

Natalie, also known as “Guided Sound Star” hails from the UK. She is a classically trained violist and pianist and has been immersed in the world of Music for some 16 years. Natalie has experienced a beautiful and transformational journey into the world of Sound. She trained and studied at the British Academy of Sound Therapy.

What is Sound Therapy?

Sound Therapy is an ancient practice using instruments such as Himalayan singing bowls, gongs, and holistic voice to produce overtones and harmonics.

It is these very sounds which positively alter the vibratory field through a process known as brainwave entrainment.

Sound Therapy allows us to disconnect from thought based emotion at the root level and transcend into a place of quietening and clearing.

Heightened feelings of peace, unity, compassion, forgiveness, generosity and patience are achieved by bypassing our emotional tendencies and moving into a space of love.

### OSTEOPATHY



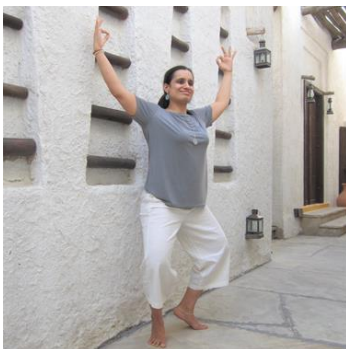
HOWARD GILBERT

Howard has been working as an Osteopath and sports massage therapist for the last 10 years. He has treated top athletes, worked with sports teams, office workers and the elderly, he has a wide range of experience.

Osteopathy looks at the body as whole to assess where the problem may be coming from, Howard may treat various areas of the body in one session. He use massage, stretching, articulation, manipulation and acupuncture to relieve any tension and pain and to ensure the best result possible.

He lived and worked here in Qatar for 5 years and he is coming back as practitioner to treat any aches, pains and also maintenance treatment for those in need.

### YOGA AND WELLNESS INSTRUCTOR



SHIRALI PURI

Shirali knows a thing or two about the potential of yoga therapy for the natural recovery of the body. If you have any long-term pain or stiffness in the body or if you are suffering from high blood pressure, diabetes, digestive problems, or stress, yoga therapy can be used to aid your recovery. Private Sessions are open for singles and couples interested in progressing on an individual level.

## BEVERAGES OF THE MONTH

### REBALANCING JUICE | QAR 35

ALMOND MILK, GREEN APPLE, CELERY, GINGER,  
BANANA and AVOCADO

This juice is rich in vitamin C, K and anti-inflammatory. It improves digestion, reduces heart disease, and lowers the blood sugar and with dietary fiber.



### CHAMOMILE TEA | QAR 35

Chamomile tea protects against diarrhea, stomach ulcers, nausea and gas, due to its anti-inflammatory effects.