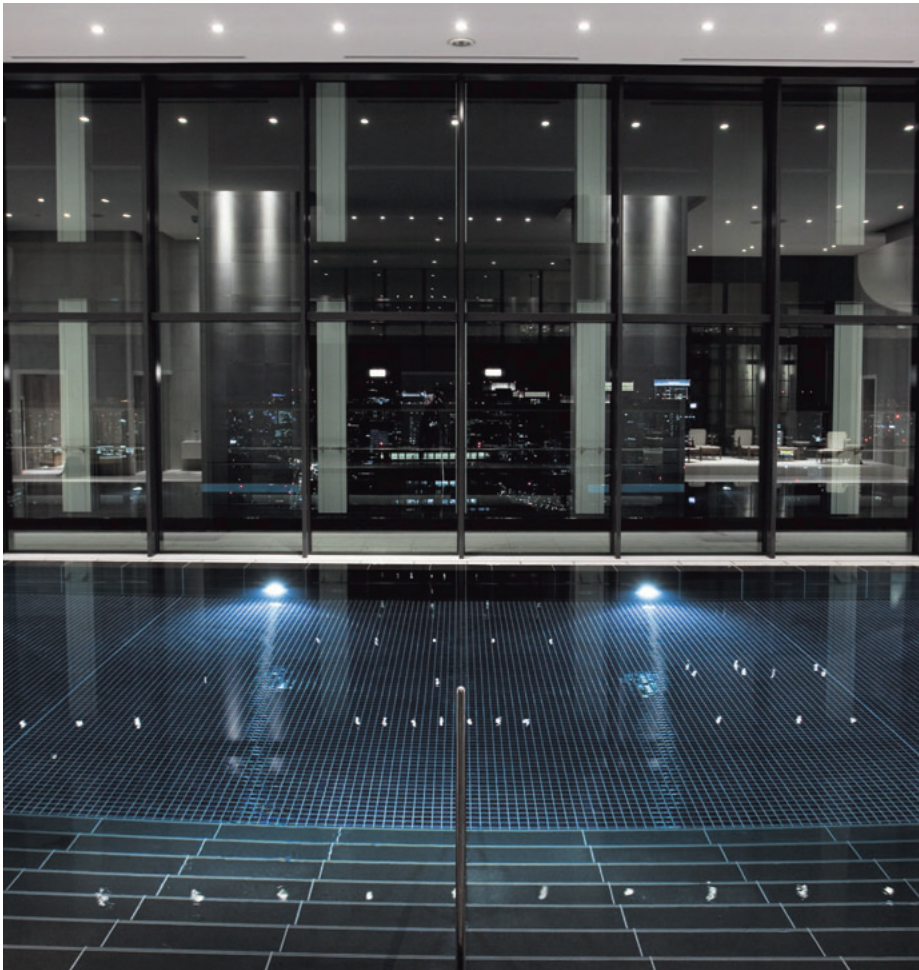


lifestyle experience

Your wellness journey begins here. With knowledgeable fitness staff onsite, kick start your routine with programs designed just for you.

Featuring the TechnoGym Artis collection of cardio and strength equipment, along with a 20-meter pool, the AO Spa state-of-the-art facility ensures that your workout routine will never be compromised.



personal workout

It's your time to move. Whatever your fitness goals, our experts will help you get there with motivating one-on-one sessions tailored just for you.

the kick-starter

1 hour

Ideal for newcomers or those who have fallen off the workout wagon.

the tone-up

30 minutes | 1 hour

Designed to build long, toned muscles, this workout combines personalized cardio and strength solutions.

the powerhouse

30 minutes | 1 hour

A combination of strength building and resistance exercises maximize performance and power.

the transformation

30 minutes | 1 hour

This program of highly effective, high-intensity interval training burns fat, increases endurance, and boosts metabolism.

support stretch

30 minutes | 1 hour

Ideal for post training. A series of administered stretches release muscle tension, improve flexibility, and promote the free flow of energy.

swim style

30 minutes | 1 hour

A personalized, private swimming lesson for beginner or immediate swimmers.

AO Club

Annual wellness memberships for singles, families, or businesses are available. AO Club memberships offer a serene oasis in the heart of the city, featuring an advanced fitness center, extensive hydrotherapy areas, and exclusive member benefits.