

# THE BEST WAYS TO STAY FIT IN ABU DHABI THIS SUMMER



Safe and fun workouts to get you motivated at home, in the gym and outdoors

**T**he last year has changed many things, and for some of us, that includes how we exercise. With capacities at gyms reduced and many restrictions still in place, lots of us have switched to home workouts, or discovered/come back to running, walking or cycling in the fresh air.

But in case you hadn't noticed yet, summer is officially here. For all but the very tough and hardy, runs by the Corniche, tennis matches and outdoor workouts are now long, distant memories. The humidity has hit, we're feeling

extra sluggish and even indoor exercise under the air conditioning seems way more effort than it used to be.

But please, don't despair and reconcile yourself to months of just lounging around. We know it's muggy, we know it's hot, but that doesn't mean you can't have fun and feel great whilst working out. Whether you want to exercise outside, in the gym, at home or through a mixture of all three, it's all still perfectly possible.

Abu Dhabi is full of creative, inspiring and exciting ways to stay happy, healthy and active. Check out our guide to the best ways to stay fit in the capital this summer.

## SUMMER-FRIENDLY OUTDOOR WORKOUTS

1

### Kayaking the Eastern Mangroves

Kayaking around Abu Dhabi's Mangrove National Park is a rite of passage for any resident, and it's absolutely one that you can still do during the summer. It couldn't be easier to arrange: just head to the Eastern Mangroves Promenade in the morning or around sunset, rent yourself a kayak, push off onto the water and wait for the instant sense of calm and tranquility to set in. Therapeutic for the soul and great for the body (it won't take long for your shoulders to start to burn, believe us), we burnt over 400 calories in about 90 minutes during our last kayaking trip. Keep an eye out for the wide variety of wildlife that has made a home amongst these fascinating trees too, including crabs, herons, fish, turtles and more. Plus, if you're really lucky, you might even spot a dolphin.

🏠 *Noukhada Adventure Company, Eastern Mangroves Promenade, daily from 7am to 7pm, Dhs50 single kayak rental (three hours). Tel: (0)50 721 8928. <https://noukhada.ae>.*

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### The Rolleristas

Lively, bright, colourful and feel good; the Rolleristas skating group is a force to be reckoned with. Formed during the height of the pandemic to help spread positive vibes and let the skaters of Abu Dhabi gather to have fun and keep fit, the members still hold regular events at different locations across the city including Soul Beach,

Yas Island, the Corniche, Hudayriat and beyond. Amazingly, each session is totally free to attend, all you need to do is bring your own skates (there are a few pairs that newbies can borrow), and turn up ready to let loose and get very, very sweaty. Always jazzy and vibrant, fancy dress is a big thing with themed events held in honour of Valentine's, Carnival, the Full Moon and more. Open to all abilities and ages and featuring a combination of cardio, resistance training and stretching, the sessions are designed to help you burn fat without even realising that you're exercising. Check out the Rollersitas Instagram page for updates about the next meet up.

🏠 *Dates and locations vary. @rolleristas.*

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### TrainYAS

The TrainYAS sessions at Yas Marina Circuit are an established part of Abu Dhabi life, but during the hot, humid months we appreciate the free bicycle rental service even more. Whilst running or even walking the 5.5km loop might feel unbearable, cycling still generates a pleasant breeze, and the thrill of careering

around the bends (safely of course) and pretending you're Lewis Hamilton racing in the Abu Dhabi Grand Prix will never, ever get old. Pumping tunes add to the atmosphere as you whizz past the stands, the super yachts of Yas Marina and the illuminated dome of W Abu Dhabi, and we challenge you to find a cooler place to get your weekly cardio in. One to get your adrenaline pumping as well as your heart rate, TrainYas also features complimentary fitness classes like HIIT and Zumba. Just register online in advance and bring your own water; helmets are provided free of charge. 🏠 *Yas Marina Circuit, Yas Island, Sunday and Tuesday, 6pm to 10pm, Monday 6pm to 9pm (ladies only), free. Tel: 800 YAS (927). [Yasmarinacircuit.com](http://Yasmarinacircuit.com).*



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**Yas Links Abu Dhabi**

Anyone who says that golf isn't really exercise clearly hasn't played 18 holes before, or even attempted to carry a golf bag. Of course, the summer season doesn't exactly offer ideal golfing weather, but it does provide the most value for money with your membership. The Yas links Summer Midweek Pass is available until the end of September: it includes access to the Links Course, Par 3 Course and practice facilities, plus discounts on food and beverages, money off golf lessons and a free custom fitting. With tee times available from 6.30am you can easily fit in nine holes before work or by the time the heat becomes too unbearable. Plus, spending the morning watching the sun rise over the sparkling Gulf and beyond is really the most gorgeous start to the day imaginable. A full-body workout that will get you well on the way to smashing your 10,000 daily-step target, you can even get a joint pass with Saadiyat Beach Golf Club, if you really get the golfing bug. 🏠 *Yas Links Golf Club, Yas Island, Sunday to Thursday from 6.30am onwards until September 31, from Dhs4,695 for a single pass at Yas Links, from Dhs5,595 for a single pass at Yas Links and Saadiyat Beach. Tel: (0)2 404 3000. Troonabudhabi.com.*

**INDOOR FITNESS STUDIOS**

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**CRANK Weekends at The Abu Dhabi EDITION****BEST EXPERIENCE**

CRANK, the trendy boutique studio that's already revered throughout Dubai, has made its way to the capital and found a suitably hipster partner in The Abu Dhabi EDITION. Together they've launched a new monthly event that combines fitness with relaxing, pampering and socialising in style, and it sounds absolutely awesome. The CRANK Weekend staycations include a CRANK Ride class, brunch at ANNEX (well, life is all about balance after all), a night's stay, breakfast at Alba Terrace and discounts at Chap's & Co barbers and the EDITION Spa. Guaranteed to get your pulse racing and leave you on a high, the signature CRANK spin class will have you buzzing all the way through the weekend, from getting your glad rags on for brunch to making the most of the late checkout. According to their Instagram, CRANK is launching a permanent studio at Sheikh Fatima Park very soon, so this is the perfect chance to see what all the fuss is about before it opens.

🏠 *The Abu Dhabi EDITION, Al Bateen, June 11 to 12, July 30 to 31, August 27 to 28, Dhs1,500 for two guests. Tel: (0)2 208 0000. @crank.uae.*



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**F45**

The circuit-style HIIT workouts offer great variety, meaning there's always something new to look forward to (or half dread) every day. The weekly schedule is split into cardio, resistance and hybrid classes, and the vibe is upbeat, fun, and super low pressure; there's no racing or competing with the people around you. Since the pandemic began the new format includes no sharing of equipment or moving around the room, instead you're assigned your own personal station and it all feels super safe. Plus, if you're looking to transform your body, and do it fast, then the regular 45-day challenges, including daily meal plans, nutrition advice and workouts, are known for being utterly life changing. 🏠 *Zayed Sports City Main Football Stadium, Ramp 40, daily schedule from 6am onwards (weekdays),*

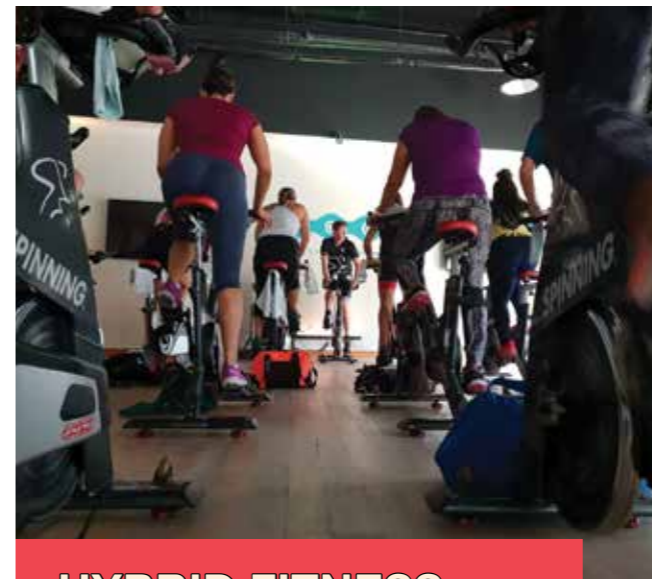


*Sam (weekends), from Dhs105 (one class). Tel: (0)56 332 3113. @f45\_training\_zayedportscity.*

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**Prime Indoors Summer Camp****FOR KIDS**

Every parent knows that keeping little ones active throughout the capital's most sizzling months can be a challenge, but Prime Indoors Summer Camp offers a variety of entertaining ways to help kids burn off some energy and stay healthy. Suitable for children aged four to 12, the programme includes football, basketball, dance and more, all held indoors at the state-of-the-art Jiu-Jitsu Arena. An early bird discount is also available. 🏠 *The Jiu-Jitsu Arena, Zayed Sports City, from July 4 to August 26, 8.30am to 1pm, Sunday to Thursday, Dhs800 (one week), Dhs1,500 (two weeks). Tel: (0)58 587 7463. @primesportsae.*

**HYBRID FITNESS CENTRES (IN-STUDIO AND ONLINE)**

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**THE ROOM**

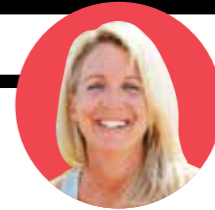
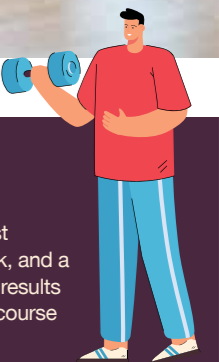
Looking to mix up your summer exercise plan, discover new workouts and meet new people? Well, THE ROOM is one of the friendliest and most inclusive fitness studios in the city, and this summer it is challenging you to complete 20 fitness classes in just 30 days, including a mix of cardio, strength core and flexibility workouts done either in-studio or online. Your progress through the 'Balance Challenge' is tracked alongside the other participants (just to add a bit

of healthy competition), and it sounds just the thing to get you back into a proper exercise routine before the city wakes up again in September. Plus, if nothing else, you'll get the bragging rights that come with your free finisher's t-shirt, and an invite to the end-of-challenge party (provided you tick off 20 of course).

🏠 *THE ROOM, Zayed Sports City, Sunday, July 4 to Monday, August 2 and Sunday, August 1 to Monday, August 30, Dhs599 (new members), Dhs50 (existing members) Tel: (0)2 444 4945. @theroomabudhabi.*

**AND FINALLY, WORK OUT AT HOME, FOR FREE, WITH ONE OF THE UAE'S MOST FAMOUS FITNESS INFLUENCERS**

Get fit without leaving the house or spending a single dirham with Lilly Sabri's video workouts. As one of the UAE's most successful virtual fitness instructors she already has 2.77 million YouTube followers, her own fitness shop and cookbook, and a fitness app launching very soon. Likable, motivating and a trained physiotherapist, she knows all the tricks to get you the results you want. Those looking to make more significant changes can sign up to her very popular, eight-week transformation course for an extra cost. *Leanwithlilly.com. @leanwithlilly.*

**ARE HYBRID GYMS THE FUTURE OF FITNESS?**

**Mim Kleiberg, co-owner of THE ROOM Abu Dhabi, explains why the studio continues to offer a mix of virtual and physical classes.**

"Most of our members do a combination of in-studio and online classes; it just provides a bit more flexibility. Our capacity is a lot less than it used to be (17 per class), so it's great that they can still jump online and join us even if the class is fully booked, if they don't have time to drive here and back or even if they're travelling overseas. We also rent out our spin bikes (Dhs299 a month) and other equipment to use in the online classes. When we first reopened, I think some people were nervous about coming back to the studio but now we have very few members who are exclusively training online. I'm often told we're one of the strictest gyms for following the rules and the lower capacity actually means that you get better value because you have more one-on-one attention."

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**Chapters Studio**

This specialist pre/postnatal fitness studio is purely for mums and mums-to-be who want to get fitter and stronger, and also incorporate a safe and healthy fitness routine in and around the madness that comes with motherhood. Covering pregnancy through to postpartum and beyond, the in-studio and online classes include yoga, barre, Pilates, mobility and strength, while the home personal training service is designed to be fitted in around work, nap time, feeds and all the rest. The signature eight-week postpartum 'Rebuild & Restore' programme receives particularly great reviews and also offers the chance to meet other new mums.

🏠 *Anahata Spa, Khalifa City A, daily, timings vary, from Dhs60 (online class), Dhs75 (in-studio class). Tel: (0)56 333 0200. @chapters.ae.*

