

Mövenpick Resort & Spa Tala Bay Aqaba enhances its wellness experience

Mövenpick Resort & Spa Tala Bay Aqaba gears up for new boot camp, yoga garden and jogging track



Tala Bay, Aqaba, Jordan July 2017 - Mövenpick Resort & Spa Tala Bay Aqaba has further enhanced its wellbeing experience for guests, with the addition of a boot camp, jogging track and yoga area. They complement the resort's health complex, which also features the award-winning ZARA Spa Tala Bay and an extensive fitness centre.

The comprehensive wellbeing centre – a first amongst five-star resorts on Aqaba's Red Sea coast – aims to attract guests who want an immersive experience of wellness, fitness and healthy lifestyle choices on the beachfront.

A new shape, sculpt and relaxation programme designed by the resort, makes use of the 250-metre jogging track. It commences with a powerwalk or jog and a cardiovascular warm-up. This is followed by muscle-toning activities in the gym, which are supervised by the resort's physical fitness instructor. Routines include working out with machines for weightlifting, muscle-building and endurance elevation.

The boot camp – comprising eight obstacle courses in the great outdoors – offers a combination of cross-fit and circuit exercises. Along with facing suspension trainers, agility ladders, monkey bars and battling rope, participants run through tyres, climb over a wooden wall, crawl under a net and flip tyres. An inspiring seaside setting adds extra motivation while working out.

In the new yoga area, guests have an opportunity to relax in mind, body and spirit. The secluded garden supports peaceful meditation and cool-down stretches in a natural green environment. ZARA Spa Tala Bay's hydro pool, jacuzzi, sauna, steam and tranquillity room are nearby to ease muscle tension and aid relaxation.

"People have become more health-conscious for several years now, with a focus on engaging in alternative activities that promote wellbeing," says Dan Benzaquen, general manager. "They are also more selective in their food choices, which is something that we cater for. Holidays at our resort are always pleasant, and the expansion of our fitness facilities allows our guests to add 'healthier' to that equation too."

Along with its improved health complex, the five-star Mövenpick Resort & Spa Tala Bay Aqaba offers a 150-metre private beach, three large swimming pools, dive centre and water sports. The 306 rooms with balconies offer views of the Red Sea, mountains, gardens or pools.

For further information:

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