



ABU DHABI COUNTRY CLUB PRESENTS NEW GROUP FITNESS CLASSES



September 2013, Abu Dhabi Country Club is proud to announce the launch of two additional Group Fitness Classes (GFX) for both males and females; **Ashtanga Yoga** and **BoxFit**. With the growing demand and popularity in the classes hosted at ADCC, our highly trained and talented instructors are prepared to bring you the newest and most upbeat classes to ensure that your workout is optimized! Currently running nearly 120 classes per week with a variety of more than 20 classes to choose from, ADCC is prepared to continue bringing you a larger selection to choose from to ensure that each of our guests feel comfortable with their workout.

Ashtanga Yoga is a free flowing Yoga incorporating sequences of poses, named after the eight limbs of yoga mentioned in the Yoga Sutras of Patanjali. 'Ashtanga Yoga; or Flow Yoga, was added to allow our Mind and Body participants the chance to enjoy the benefits of another style of Yoga. Luckily we were able to add a Thursday afternoon class to complete an extensive range of Mind and Body disciplines', says Paula Teasdale, Group Fitness In-Charge. Further, BoxFit is a low impact, high-energy workout that incorporates solid pad work, weight training and conditioning, functional and circuit training with an emphasis placed on boxing- 'Boxfit was brought to compliment our popular circuit class but more specialized with Boxing style stations. A great workout that burns calories, builds strength and puts a smile on your face', adds Paula.

About Abu Dhabi Country Club

Abu Dhabi Country Club takes its place as the first and most exclusive recreational club of its kind in the UAE capital. Formerly known as Abu Dhabi Health & Fitness Club, Abu Dhabi Country Club was established in 1999 by the Government of Abu Dhabi.

The first of its kind in the city, Abu Dhabi Country Club enlarged its scope of operations to focus more on family activities, to be sure to accommodate all ages. More than recreation, Abu Dhabi Country Club has integrated itself even more into the social fabric of Abu Dhabi, holding its distinctive trait of customized service and attention, coveted location and luxurious design.

Positioned at the top of the market, the Club offers timeless elegance and peerless service in all respects to provide an experience beyond expectation. Featuring countless recreational facilities (Mixed Gym, Ladies Gym, Sports School) and sporting activities for all ages (Tennis, Basketball, Padel, Squash, Football, Swimming, Space Walk, Bowling, to name a few) Abu Dhabi Country Club, offers several additional facilities. Offering catering services and banquet halls (Gold and Silver Ballrooms), as well as numerous dining experiences from Mediterranean Fine Dining at the luxuriously elegant, Sardinia to contemporary and traditional Italian cuisine at Mondo Pizzeria, as well as freshly baked pastries at the Club's Mondo Moderno cafe.

Plans for Abu Dhabi Country Club continue to expand to further deliver the combining classic sophistication and modern luxury that the Abu Dhabi Country Club brand holds to its commitment to excellence. Further to the expansion, the Club will be inviting the guests' children to experience a newly designed kid's playground, located just next to the Sports Complex, followed by a luxurious Spa, planned to open its doors by end of year.

For more information on Abu Dhabi Country Club, please visit www.adcountryclub.com, or contact us at 7777 657 02.