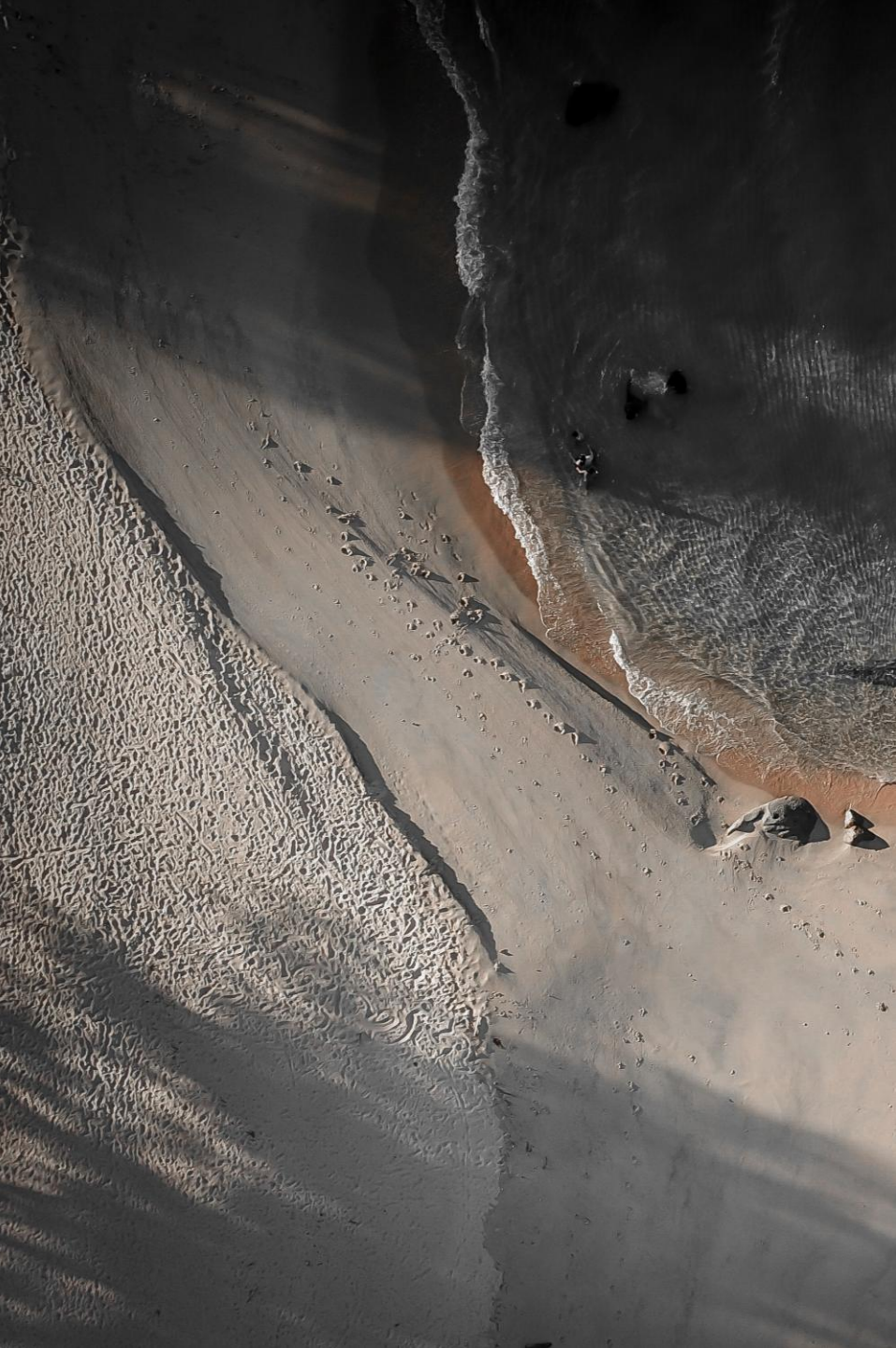


An aerial photograph of a beach scene. The left side shows a sandy beach with some footprints. The right side shows dark, textured water with white foam from a wave crashing against a large, light-colored rock. The overall lighting is dramatic, with strong shadows and highlights.

asaya

FITNESS & MOVEMENT



YOUR PATH TO WELL-BEING

Named after the Sanskrit term for setting an intention to propel self-change and transformation, asaya is a thoughtfully curated 3,600 square meters social wellness club providing guests and members with opportunities to restore, grow and enjoy holistic health and happiness centered around our five experience pillars of emotional balance, physical movement, skin health, nutrition and community.

For more information, please contact us at
doha.asaya@rosewoodhotels.com, call or WhatsApp +974 4030 3300.

OPERATING HOURS

ATELIERS	6am - 10pm
SKIN HEALTH	10am - 10pm
DUCK & DRY	12pm - 9pm
PANKHURST LONDON	12pm - 9pm
FITNESS & MOVEMENT	6am - 10pm 24 hours for inhouse guests
ROSEWOOD EXPLORERS	10am - 9pm Sunday to Thursday 9am - 9pm Saturday & Sunday
POOLS	Lap Pool 6am - 10pm Family Pool 8am - 7pm Lounge Pool 8am - 7pm



FITNESS & MOVEMENT COACHING

SCREEN

FITNESS CHECKUP 30mins
Ai-powered diagnostics consisting of different types of tests and exercises used to determine your overall health and physical fitness level. Assess your vital fitness indicators, strength, endurance, and flexibility.
QAR 300

TRAIN

PERSONAL FITNESS & MOVEMENT COACHING 60mins
Our performance coaches provide tools to help you achieve various goals, including performance improvement, weight loss, body composition, injury rehabilitation, or post-surgery recovery. We create personalised, highly effective programs by integrating a variety of training modalities from our experts.
QAR 400

DISCOVER	Package of 4 Sessions	QAR 1,500
ELEVATE	Package of 8 Sessions	QAR 2,800
PEAK	Package of 16 Sessions	QAR 5,400

GROUP FITNESS & MOVEMENT SESSIONS

	SUN	MON	TUE	WED	THU	FRI	SAT
7.00 – 8.00						ASAYA RUN CLUB*	
9.00 – 10.00						FLOAT FIT HIIT*	
10.00 – 11.00							MAT PILATES (starts 10 January)
16.00 – 17.00		BUILD360 (ladies only)		BOX TO THE BEAT*		HYBRID BOOTCAMP*	
18.00 – 19.00	META CYCLE		PADEL SOCIAL		META CYCLE		
19.00 – 20.00					SOUND BATH (30 minutes)		

Mat Pilates: This mat-based Pilates workout focuses on core strength, flexibility, balance, and overall body awareness. The class will lengthen and strengthen the muscles while giving you a full-body workout.

Hybrid: Combining functional strength, explosive power, and nonstop conditioning to level up your fitness, this circuit-style session supports cardiovascular endurance and strength gain.

Build360: Build strength on the Technogym bench combining a wide variety of total body exercises with hexagon dumbbells, resistance bands, weighted knuckles and a training mat, all in a compact footprint.

Box to the Beat: High intensity interval training, metabolic conditioning and cardio all in one single workout: drills and techniques of boxing and movements to the rhythm of the music guarantee an adrenaline-filled workout.

Meta Cycle: Track your performance, challenge your limits, and ride to the beat in a motivating environment designed to help you burn calories, boost endurance, and have fun - all while connected to smart data and immersive visuals.

Rhythm Cycle: This dynamic and exhilarating cycle class that combines the intensity of a traditional spin workout with the infectious rhythm of music. Your coach will lead you through different speeds and resistance levels focusing on riding to the beat of the music and incorporating upper body movement.

FloatFit HIIT: This full-body workout combines the principles of high-intensity interval training with the challenge of balancing on a floating mat. Engage your core, build strength, and boost cardiovascular fitness while enjoying the unique resistance of water.

Asaya Run Club: Our weekly coffee run is a 5 kilometer guided run alongside Lusail Marina promenade. A perfect way to get your Friday morning cardio in or get back into running, Coach Danie will be pacing the group at 6:00-7:00 mins per kilometer based on participants fitness level.

Sound Bath: This energy balancing treatment is a perfect remedy for those seeking total relaxation of the body, mind and spirit.

* Session is performed outdoors.

Rates

- Asaya Run Club - Complimentary
- FloatFit HIIT – QAR 150
- Sound Bath – QAR 200
- All other sessions – QAR 130



ASCARO PADEL

PLAY

By adding style and city pulse to a sport that already makes our hearts beat, we take padel to another level with Ascaro. Padel training on another level. Beginners, enthusiasts, pro players, we provide professional training on all levels.

PADEL COURT RENTAL

Arrange a padel match or practice your play at our uniquely black colored padel court. Court rental is per hour.

QAR 240

PERSONAL PADEL COACHING

A padel training session is the fastest way to eliminate technical errors, build tactical understanding, and gain more confidence in your game. Duo sessions and packages for 8 sessions are available upon request.

QAR 450

RACQUET RENTAL

QAR40

BALLS (can)

QAR60



AQUATIC FITNESS

SWIM

Take a dive and cool off throughout the year at our pools: the Family pool, perfect for beginners. The Lounge pool, ideal for intermediate swimmers and the 24 meter long Lap pool, ideal for adults for distances and swimming laps.

PERSONAL SWIMMING COACHING

Our dedicated team provides high-quality swimming lessons for children and adults of all experience levels. Learn or enhance your skills in one of our swimming pools. Duo sessions and packages are available upon request.

QAR 400



RECOVERY

BODY BIOHACKING

PERSONALIZED MOBILITY STRETCH

30 MINS

Improve your flexibility and posture in this one-on-one session includes a series of stretches tailored to your needs, aiming to increase your range of motion and reduce muscle tension.

QAR 300

COMPRESSION THERAPY

20 MINS

This compression therapy takes compression to the next level. These boots deliver sequential and pulsating compression to a particular area, systematically enhancing blood flow and lymphatic fluid removal.

QAR 300

PERCUSSION THERAPY

30 MINS

Increases circulation and reduces muscle soreness and stiffness. This percussion massage device is a fantastic way to increase blood flow, thereby increasing mobility, range of motion and flexibility, awesome for recovery.

QAR 300

CONTRAST THERAPY (BATHHOUSE ACCESS PASS)

PER DAY

Rejuvenate and wrap yourself in absolute bliss as you journey through our multi-step hydro circuit. Contrasting warm and cold temperatures, with high and low pressures will reinvigorate your circulatory system and lead you into a profound state of recovery.

QAR 250