

Fitness and Wellness Daily Schedule 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06.30 AM to 07.30 AM	Morning Yoga Sun Salutation			Morning Yoga Sun Salutation	Morning Yoga Sun Salutation		Morning Yoga Sun Salutation
10.30 AM to 11.30 AM	Plyometric	Aerobic	Aerobic	Core Ball	Plyometric	Aerobic	Core Ball
11.00 AM to 12.00 PM	Breathing Exercise	Stretching	Stretching	Breathing Exercise	Breathing Exercise	Stretching	Breathing Exercise
11.45 AM to 12.15 PM							Aquarobic
05.30 PM to 06.15 PM		Taebo	Taebo		Taebo	Taebo	
06.30 PM to 07.30 PM	Plyometric	Aerobic	Aerobic	Core Ball	Plyometric	Aerobic	Core Ball
07.30 PM to 08.00 PM	Breathing Exercise	Stretching	Stretching	Breathing Exercise	Breathing Exercise	Stretching	Breathing Exercise

** Schedule may be changed at any time without prior notice*

Updated December 2011

Reservations

- To reserve your activity please dial "8999" for Fitness and Wellness concierge
- Mandarin Oriental Jakarta Fitness and Wellness members and hotel guests are welcome to join any activities
- Price for non members and non guests of the hotel: USD 20 nett

Description

Morning Yoga Sun Salutation	The Sun God is worshipped as a symbol of health and immortal life. Having originated as a series of prostrations to the sun, it will bring great flexibility to your spine and joints and trim your waist
Plyometric	Extensive training compiling cardio, muscle and core strength exercises for advanced participants. Benefits include a fast burn of fats and calories
Aqua Yoga	Water can support you, keeping pressure off of your joints. Water classes are especially beneficial for people with arthritis, diabetes, osteoporosis, back problems and pregnant women
Core Ball	Train your core-strength (pelvis, lower back, hips and abdomen) to improve your balance and stability
Breathing Exercise	Breathing supplies our bodies and its various organs with oxygen which is vital for our survival. Each cycle of breathing is thought of as merely inhalation followed by exhalation, analysed based on its four phases or stages
Stretching	Form of physical exercise in which a specific skeletal muscle is deliberately elongated. Improves the muscle's felt elasticity and reaffirms comfortable muscle tone. Benefits include the feeling of increased muscle control, flexibility and range of motion. Also used therapeutically to alleviate cramps
Taebo	Type of aerobic and cardio workout concept which is focused on the soul, mind and body. Benefits are both physical and mental. Effective in toning and defining the body's musculature

Updated December 2011

Opening Hours

Daily: 5.30 am to 12 midnight

Private session available at USD 20 nett per hour for all classes at your desired venue