

One should expect an amazing fitness center in Dubai, especially when it is located at the very tip of The Palm...



But nothing could have prepared me for such elegance!



The technology matches the decor - Technogym's latest range, ARTIS, the first of its kind in the Middle East and Africa, is all lined up ready for an individual work-out, and much more!





An integrated collection of cardio, strength and functional equipment, the exclusive ARTIS offers of a complete cardio line (Treadmill, Elliptical, Vario, Bike and Recline), as well as strength pieces and functional stations.

Two zones focus on functional training, including 'OMNIA', a group functional training space, and a 'KINESIS' zone, which incorporates functional equipment that activates the complete kinetic chains, rather than individual muscles. zthe remaining zones cover cardio, strength, flexibility and free weights.



Then you turn a corner, and... Shui Qi effortlessly transforms into a luxury spa.





And ladies, just so you don't have to worry about suddenly walking in on handsome men in towels, there is the spa reception, of course!



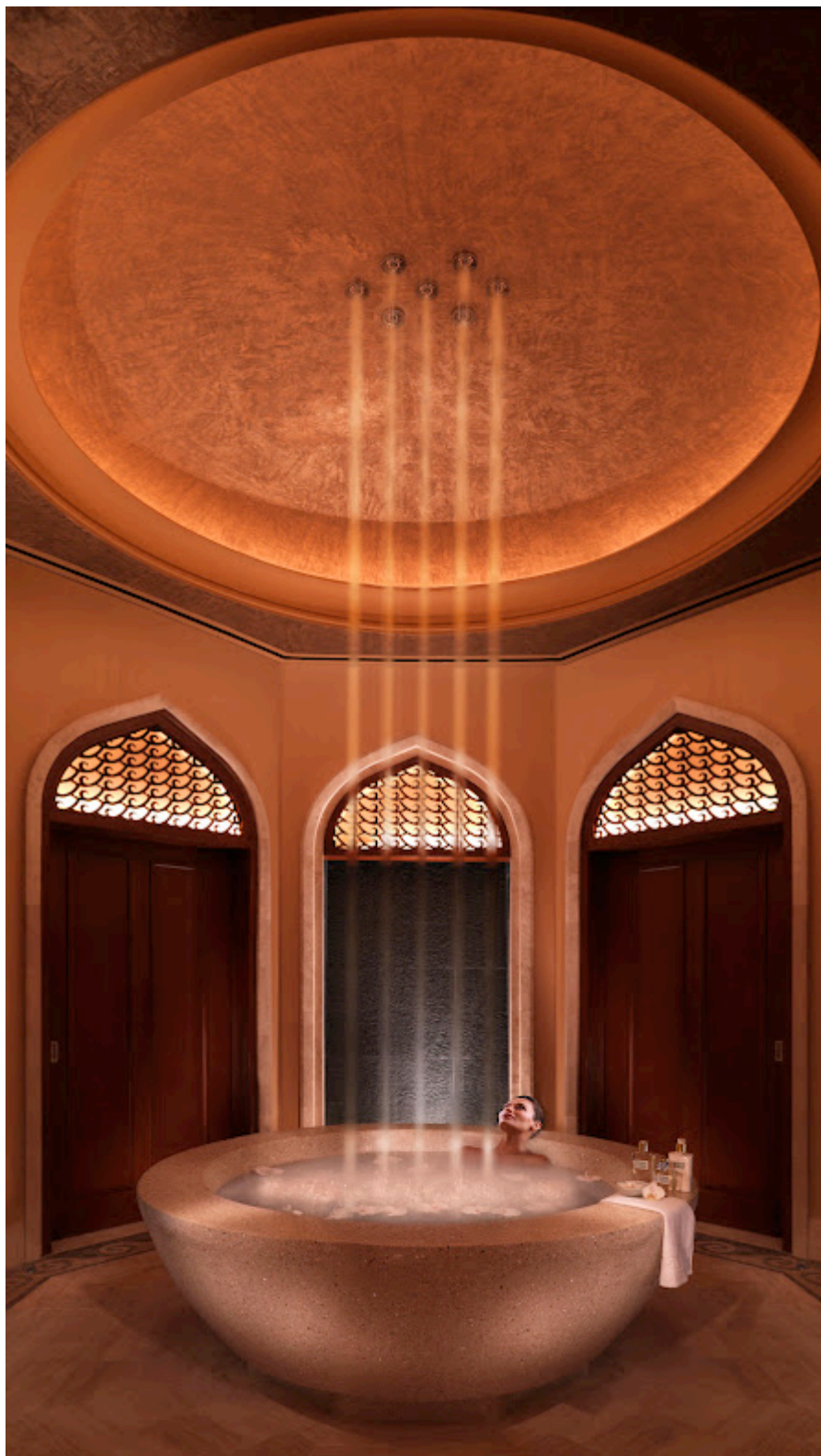
Set over two floors within the Royal Towers of Atlantis, the Spa provides a sublime range of treatments, bathing options, traditional and water therapies. With his and her separate areas and sessions, every guest can find the ideal treatment or therapy.





Walk the earth-hue natural stone steps along streaming water pathways to one of the 27 treatment rooms...

...or discover the secluded Royal Spa Suite.







And the result is total release...



ShuiQi Spa & Fitness Center is easy to find, as part of the Atlantis, the Palm, Dubai:

View [Shui Qi Spa and Fitness Center](#) in a larger map and download the GPS track coordinates [here](#).