



## The Monarch Dubai's New Health Club to be Most Exclusive in Dubai

The Monarch Dubai's newly opened health club, Quantum, and its manager Devon Graham are providing an executive fitness and wellbeing facility aimed at creating a balance in people's hectic lives and bringing a healthy lifestyle to its guests.

Graham, who has been in the health and fitness industry for over 20 years, says that what they're offering at The Monarch Dubai is totally unique to the UAE.

"We're offering a totally personalised service focusing on enhancing the wellbeing of our guests and members," he says. "Most other health clubs will give you a quick body-fat test on joining and be off with you. Here we work together with the client, as a team, to achieve the goals we've set out on their very first visit."

Part of the more personalised service involves a complete health check with a cholesterol and glucose assessment, movement analysis, body composition analysis, nutritional counselling and physical therapy.

"Our goal here is to assist people be the best they can be, beyond physical appearance it incorporates both the mind and body," says Graham. "It's what I refer to as wellness - mind and body functioning totally and together to create positive results."

Keeping in line with The Monarch Dubai's luxury and Graham's passion for the best, Quantum Health Club has been fitted out with the very best cardio and strength training equipment available to provide a superior experience in the best environment.

"We're innovating fitness and wellbeing, combined with luxury to have an overall interplay," he says. "We're creating a product to enhance peoples' lives. It's almost a holistic approach; we offer traditional fitness with a mind and body emphasis."

All of Quantum's cardiovascular machines and some of the strength training machines come from Italian manufacturers TechnoGym, while the majority of the strength training machines are by German company Gym80.

There is also feature equipment specific to individual consultations incorporating a body composition analysis.

Quantum is also home to the Middle East's only Kinesis Vision machine - a total body work out machine which allows the user to perform an infinite variety of exercises and movements, ensuring strength, stability and flexibility.

"It's amazing," says Graham. "When I came here I said, we have to have a Kinesis machine. We can do anything with it, from rehab and body repair through to improving your golf swing."

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