



GRAND LISBOA PALACE RESORT
MACAU
澳門上葡京綜合度假村

COMPLIMENTARY WELLNESS ACTIVITIES

SCHEDULE:

Day of week	Time	Activity	Location	Instructor/ Expert
Mondays	10:30 a.m. to 11:15 a.m.	High-Intensity Interval Training (HIIT)	GLP Gym outdoor area (garden view)	Danny Wu
Tuesdays	10:30 a.m. to 11:15 a.m.	Sound Therapy	The Spa at Grand Lisboa Palace	Cindy Chen
	3:00 p.m. to 4:00 p.m.	Stretching Exercises	GLP Gym outdoor area (garden view)	Danny Wu
Wednesdays	10:30 a.m. to 11:15 a.m.	Nail Care Workshop	The Spa at Grand Lisboa Palace	Bertrand Li
Thursdays	10:30 a.m. to 11:15 a.m.	Sound Therapy	The Spa at Grand Lisboa Palace	Cindy Chen
	3:00 p.m. to 4:00 p.m.	Functional Training	GLP Gym outdoor area (garden view)	Danny Wu
Fridays	3:00 p.m. to 4:00 p.m.	Nail Care Workshop	The Spa at Grand Lisboa Palace	Bertrand Li
Saturdays	10:30 a.m. to 11:15 a.m.	Full Body Mobility Stretching	The Health Club at THE KARL LAGERFELD	Billy Ho
Sundays	10:30 a.m. to 11:15 a.m.	Full Body Mobility Stretching	The Health Club at THE KARL LAGERFELD	Billy Ho

Schedule Period: From 15 January to 31 March 2024

For enquiries or reservations, please call us at (853) 8881 9500 / (853) 8881 3500

ACTIVITIES DETAILS:

HIGH-INTENSITY INTERVAL TRAINING (HIIT)

High-Intensity Interval Training (HIIT) consists of quick movements such as jumping jacks, high knees, spider jumps and burpee jumps. These exercises are designed to raise your heart rate and boost your metabolism. Notably, HIIT has been proven to be more effective in burning fat compared to traditional cardio exercises.

STRETCHING EXERCISES

Stretching exercises, including stretching neck, shoulder and teres muscles, can effectively improve blood circulation to the muscles and joints. Promoting blood circulation brings multiple benefits to your body, as it not only delivers nutrients to cells but also eliminates waste products generated from metabolism.

FUNCTIONAL TRAINING

Through muscle conditioning and joint movements, such as kettlebell push presses, medicine ball slams, bicep curls, and tricep brachii extensions, functional training enhances core strength, improves body stability, and promotes coordination, preparing your body for daily activities.

FULL BODY MOBILITY STRETCHING

By performing a variety of dynamic stretching exercises within the joint range of motion, including movements that simulate various sports activities, full body mobility stretching warms up your muscles, provides vital blood and oxygen to your joints, and enhances both your body's vitality and flexibility.

SOUND THERAPY

Combining meditation and deep breathing techniques, singing bowls provide a unique experience to alleviate stress, reduce anxiety and release negative emotions, enabling you to enjoy deep relaxation and tranquility. The soothing sounds of the singing bowl aim to improve the quality of your sleep and promote the wellbeing for both your mind and body.

NAIL CARE WORKSHOP

PEDI:MANI:CURE Studio by Bastien Gonzalez advocates a natural philosophy, incorporating elements of health and beauty into its treatments. In this workshop, French Podiatrist Bertrand Li, the Studio's Manager, will share professional medical techniques to provide delicate care for your hands and feet, allowing your nails to radiate a natural and captivating glow.

TERMS AND CONDITIONS:

1. This activity is available for In-House Guest Only;
2. The activity venues are located at The Spa and Health Club at Grand Lisboa Palace or The Health Club at THE KARL LAGERFELD MACAU;
3. This activity is valid from 15 January to 31 March 2024;
4. Guests must be in casual or sporty attire when participating in this activity;
5. Guests must be at 18 years old or above to participate in this activity;
6. Advance reservation is required and places are available on a first come first served basis;
7. Guests must ensure that they are in overall good physical condition, are able to participate in active and passive exercises and that this participation will not affect their health, well-being or physical condition;
8. Guests who are pregnant or think they could be pregnant, are advised to consult a Physician prior to engaging in any form of strenuous physical activity;
9. Guests who are deemed physically unfit by staff, such as being in a visible drunken state, or suspected to be under the influence of alcohol, drugs, stimulants and/or sedatives, will not be permitted to join this activity;
10. To ensure guest privacy is respected, filming or photography of other guests is not permitted;
11. Guests are solely responsible for their own belongings, and Grand Lisboa Palace will not assume liability for any loss or damages incurred.
12. Grand Lisboa Palace reserves the right to revise, cancel or modify this activity at its sole discretion.
13. Grand Lisboa Palace reserves the right to amend the Terms and Conditions without prior notice.
14. In the case of any dispute, the decision of Grand Lisboa Palace shall be final.

*Grand Lisboa Palace refers to SJM Resorts, Limited ("SJM"), GLP Hospitality Services Limited or other subsidiaries of SJM ("SJM Group").