

Our guide to...

Dubai's best hotel gyms

WORDS YI-HWA HANNA

In an era where wellness has seemingly permeated every aspect of our lives from our nutrition to our homes and beyond, the hotel gym is no longer an often-forgotten corner of the property. With the demand for boutique fitness concepts having boomed in the last decade, and wider aspects of well-being increasingly being integrated alongside fitness offerings, the luxury gym and health club experience is now more valued than ever. From cutting-edge equipment and tailored training programmes to meditation, yoga, and more, these Dubai-based hotel gyms and health clubs are well worth a look.

Siro One Za'abeel

With the brand touting itself as the ultimate hotel for an active lifestyle in the heart of Dubai, it should come as no surprise that the gym and health facilities here are second to none. Designed to be an all-in-one wellness destination, the Fitness and Recovery Lab here was developed with input from world-class athletes, and offers everything from personal training and group workouts to therapeutic treatments such as assisted stretching, dry needling, and cold plunges. If that's not enough, the hotel even offers a dedicated Fitness Suite and Recovery Suite, with an in-room active workout area and multiple

features designed for optimising sleep, respectively. The gym is open to hotel guests and members, with different tiers available. sirohotels.com

Zabeel House, The Greens

Available to both in-house guests and UAE residents (with a variety of membership packages), The Native Club has a fully-equipped indoor gym as well as an outdoor functional training area with all of the equipment a CrossFit enthusiast could hope for. Runners can enjoy a 40m sprint track, while racket sport players can take advantage of the Padel Tennis Courts managed by the Spanish Padel Academy. It's also connected to the Native Club Spa, which is the first organic spa in Dubai. jumeirah.com

Jumeirah Beach Hotel

Jumeirah's J Club is designed to holistically bring together high-end fitness, leisure, spa, and wellness facilities. This outpost boasts personal training; group fitness classes; tennis, squash, and padel facilities; an indoor gym; outdoor training area; a 25m lap pool; multiple types of boxing bags and modern exercise machines and equipment; a private beach; a kids club; wet room facilities; and more.

Membership includes discounts across F&B in Jumeirah restaurants and Talise Spa services, as well as a complimentary night's stay with breakfast at select Jumeirah hotels. thejclub.com

Meliá Desert Palm

This equestrian-themed hotel is located on a 64-hectare polo estate, and its Stables Fitness Center overlooks its lush polo fields. Equipped with the latest Technogym equipment, the gym offers qualified personal training sessions, group classes, and spiritual wellness retreats. Guests can also connect with nature in yoga sessions that allow them to take in the fresh air and greenery, trot over to the polo and horse-riding school, or relax at the spa. melia.com

InterContinental Residence Suites Dubai Festival City

The 24-hour gym at this waterfront destination has an indoor 20m temperature-controlled indoor lap pool, a children's splash pool, a spa pool, and a sun deck – and when you're looking to get your sweat on, it has all of the latest cardio and strength-training equipment and machines needed to work every part of your body, including a Kinesis Wall. ihg.com

The Westin Dubai Mina Seyahi Beach Resort & Marina

Westin properties are known for their deep dedication to wellness, from their trailblazing Heavenly Bed range to their gear-lending programme, which allows guests to borrow or rent items such as yoga mats, resistance bands, bangle weights, massage recovery guns for use as needed – with the idea being to help them stay active but travel light. In fact, in the early 2010s, they even pioneered a scheme of tying up with global fitness brands to lend workout clothes and running shoes to guests for the same reason. At this property, Club Mina and the WestinWORKOUT Fitness Studio offer a full range of cardio and strength-training machines that are available to guests 24/7, plus sauna and steam room access, as well as a range of fitness classes. marriott.com

Fairmont The Palm

Watersports-lovers take note: not only does this property have multiple pools – eight, to be exact – and an 800m private beach, but you can also take advantage of a whole host of water-based activities here, from stand-up paddleboarding (both manual and electric) and kayaking to yacht and boat cruises, jetski guided tours, and aqua-spinning classes that allow guests to pedal on stationary spinning bikes while semi-submerged in water for a low-impact, buoyant, and cool workout. The health club is also fully equipped with specialised equipment for indoor gym sessions, with personal trainers on hand if needed, and the chance to utilise the Kids Club, or unwind in the Willow Stream Spa. fairmont.com

The Retreat Palm Dubai, MGallery by Sofitel

Proclaimed to be "the first and, so far, only five-star wellness resort in the UAE", this place boasts a dedicated in-house wellness team, alongside a range of personalised retreats, healthy meals, and a wide range of well-being products and fitness offerings. The Rayya Wellness retreat is designed to holistically cover physical vitality, inner peace, and emotional healing alike, through combined as well as separate ultra-modern women's and men's gyms, personal training packages, fitness nutrition consultancy, body transformation programmes, a range of land- and water-based sports activities, and multiple recovery options – from cryotherapy and oxygen therapy to singing bowl meditation, and Tai Chi. theretreatpalmdubai.com

Mandarin Oriental Jumeirah

The Fitness Centre and Movement Studio at this hotel not only offers stunning sea views, but the space itself is beautiful too. They have more than 35 state-of-the-art Technogym cardio and strength machines across their 4,000 sqft fitness centre; a high-performance functional area that includes an Omnia 3, SkillRow, and SkillMill self-powered treadmill; and a 1,500 sqft movement studio with a fully-adaptable Outrace functional training rig. Support is available through personal trainers or via access to the Technogym MyWellness digital app, as well as fitness assessment testing, and a variety of classes such as boxing (skills and conditioning alike), beach blaster bootcamps from October to May each year, and fitness dance classes covering hip-hop, latin, and street dance styles. There's also a beautiful

paddle court for all ages, and a martial arts academy specifically for kids and teens. mandarinoriental.com

Atlantis, The Royal

Much like the rest of the hotel, the AWAKEN Fitness centre is an experiential treasure that brings together mind, body, and spirit in a very holistic way. The gym is equipped with top-notch Technogym and Outrace equipment (including boxing facilities), and their fitness studio can host both live training and virtual classes conducted in partnership with LVL Wellbeing. There's also a mindfulness pavilion, a meditation garden, and a 25m lap pool. They offer everything from personal training and spinning to pilates, yoga, reiki energy therapy, sound healing meditation, body composition testing, aquatic fitness classes, and IV Therapy. When you're ready to recover, the interconnected spa offers deep tissue and lymphatic massage to soothe sore muscles. atlantis.com

Le Méridien Dubai Hotel & Conference Centre

For a stay near Dubai International Airport, this hotel gym will have you covered. At its Optimal Fitness by Natural Elements gym, you'll find the latest Matrix cardio equipment, Life Fitness strength equipment, a wide variety of functional training equipment (including boxing facilities), and group classes on yoga, kickboxing, Zumba, dance aerobics, step and abs, boxfit, Tabata, circuit training, or bootcamp-style workouts. The property also has several pools, including a spa pool, and another you can swim laps in. marriott.com