



SPORT AND FITNESS

CONRAD

MALDIVES
RANGALI ISLAND

the luxury of being yourself

CONRAD MALDIVES RANGALI ISLAND

For those wishing to stay active, Conrad Maldives Rangali Island is the perfect choice. As a destination, the Maldives is renowned for its relaxing shores and laid back atmosphere, but on Rangali Island there are also ample opportunities to stay active, learn new skills and improve your overall sense of wellbeing.

There is a weekly schedule of fitness sessions at the resort, run by our Recreation Team. Everything from yoga and power walking to pilates and boxercise is available both as a group session or as an individual and private lesson. The resort has its own yoga instructor, a team of fitness instructors and a tennis coach so you will be able to continue doing what you love even when far away from home.

Facilities at the resort include a floodlit tennis court, a 24 hour fitness centre, a beach volleyball court and yoga and meditation pavilions on the white sand beaches of Rangali Island. The resort is also home to a watersports centre which offers the opportunity to try wakeboarding, windsurfing, kayaking, catamaran sailing and much more.



DID YOU KNOW?

Conrad Maldives one of the only resorts in the country to feature a dedicated Naturopath specializing in holistic therapies and nutrition. Based in The Spa Retreat, she can work with you to compliment your fitness regime, help you to reach your health or nutritional goals and improve your overall wellbeing.

FAST FACTS

- Yoga sessions run daily with our resident yoga instructor and one-to-one instruction can also be booked.
- The resort has an all-weather floodlit tennis court which can be booked for complimentary use between 07:00 and 22:00. Rental of tennis racquets and balls is complimentary.
- Tennis coaching is available with at least four hours advance notice and is chargeable based on the number of players and the duration of the lesson.
- A weekly timetable of fitness activities will be given to you upon arrival. Classes and activities on offer include, but are not limited to yoga, beach volleyball, bootcamp, pilates, boxercise and power walking.
- The resort has a table tennis table and beach volleyball court available for use. Equipment can be rented complimentary from the fitness centre.
- Personal Training sessions can be booked to improve your performance in an area of your choice and are chargeable by the hour.
- The on-site watersports centre offers a variety of adventurous activities such as windsurfing, wakeboarding, water skiing, catamaran sailing and much more.



ACTIVITIES

You can book all activities, sports lessons or private sessions by contacting your Island Host or speaking to a member of our Recreation Team when you arrive at the resort.