



Fitness First's FIT 4:15 class.

## 5 cool fitness classes to try in Abu Dhabi and Dubai

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**Zouk:** This Brazilian couples' dance is similar to salsa, combining African drumming with Caribbean beats. It can help strengthen your core and improve flexibility and stability. To book a class, call Zouk Dubai instructor Nayan de Abrew at 050 270 5047.

**Beach Fitness Workout:** Haddins Fitness holds a workout every Friday at 8.30am at the beach in front of St Regis Hotel on Saadiyat Island. Bring a towel as you will be getting wet. The hour-long sessions are free to Haddins members, and the introductory offer for walk-in participants is Dh50. Contact [info@haddins.com](mailto:info@haddins.com) or call 02 403 4233.

**Yoga Tune Up:** This class uses therapy balls to help loosen tight muscles and relieve stress and tension in key areas of your body. Ailments such as stiff necks, frozen shoulders, back pain and tight hamstrings can be remedied through massage-like rehabilitation. Mondays and Wednesdays, 8.15pm at Zen Yoga, Dubai. Thursdays, 5.15pm at Optimal Fitness, Dubai. More information at [www.yoga.ae](http://www.yoga.ae) and [www.optimalfitness.ae](http://www.optimalfitness.ae).

**FIT 4:15:** For a high-intensity interval training (HIIT) class, head to Fitness First for Fit 4:15, which takes a fun, fast-paced approach to exercise. You'll