



ACHIEVE HOLISTIC BALANCE DURING WORLD WELLBEING WEEK AT ETIZAN – ERTH'S NEW FITNESS AND RECREATIONAL BRAND

Etizan Fitness provides physical and mental wellbeing to Abu Dhabi residents and visitors with complimentary events open to the public from 21st to 25th June

Abu Dhabi, UAE, 16 June, 2021: Etizan, which means equilibrium in Arabic, is Erth's newly rebranded fitness offering that enhances its members and guests' wellness goals by creating a balance via exercise, nutrition, and wellbeing, allowing them to become the best version of themselves. In keeping with this philosophy, the recently refurbished recreational centre introduces a range of complimentary fitness activities during 'World WellBeing Week' from 21st to 25th June, 2021, to promote the overall physical and mental wellness of the local community.

Abu Dhabi residents can look forward to Spin classes, Bootcamps, Aqua Aerobics, Zumba and HITT sessions, as well as ladies-only and mixed training workout classes. Other highlights include a Padel Tennis tournament on the newly constructed court on Tuesday, 22nd June and Wednesday, 23rd June in association with Global Tennis Academy (GTA) and a morning breakfast cycling ride on Friday, 25th June with Abu Dhabi Cycling Club (ADCC), Etizan's newest community partners.

Discounts of up to 40% off gym memberships and 30% off personal training classes will also be available exclusively throughout the week.

To register for any of the activities during Etizan's open wellbeing week or for more information on venue booking, gym memberships or classes, please visit Etizan.ae. Additionally, Etizan's newly developed app will also allow members and fitness enthusiasts to engage one on one with trainers, book classes and facilities in real time with ease.

Etizan encompasses one of the largest mixed and female-only gyms in the capital fitted with the latest Technogym equipment. The 58,000 sqm expansive facility also includes a 50m, eight-lane Olympic sized indoor swimming pool, dedicated training studios, padel tennis facilities, and indoor (air-conditioned) and outdoor artificial and natural football pitches. Dedicated facilities for gymnastics, aerobics, squash, bowling, tennis, track and field, volleyball, basketball and shooting complete the gamut of experiences, together with sports massage services, steam bath and Jacuzzi areas to support post-workout recovery.

To offer the ultimate sporting experience for little ones and further develop their skills, Etizan hosts various academies in gymnastics, swimming, and football.

Soon to come is an outdoor swimming pool and the opening of a Blue-flag certified 1km stretch private beach offering a wide variety of watersport activities for a perfect family day out.

Etizan embodies the concept of equilibrium while staying true to Erth's rich culture and roots. Home to the prestigious Zayed Sports Tournament for the past 24 years and organiser of Zayed Marathons



internationally including New York and Cairo, Etizan will build on Erth's strong legacy as a premier sports destination in the capital.

"Achieving balance is a fundamental pillar of physical and mental wellbeing and a core philosophy of Erth," says Shaikha Al Kaabi, CEO, Erth. "We strive to meet the modern-day health and wellbeing needs of the Abu Dhabi community and visiting guests not just this Wellbeing Week, but as a continuous effort through the inception of Etizan."

Marius Reiners, Leisure Operations Director, Etizan Fitness, added: "We are delighted to welcome those who are looking for physical fitness, the thrill of competition, or enjoying leisure and relaxation. Etizan is suitable for people of all fitness levels, whether they are beginners, professionals, or simply looking for a fun family outing."

Etizan will support Erth in its mission to bring members and guests a plethora of fitness and recreational options and amenities to enjoy as they embark on a life of balance.

For more information or bookings, download the Etizan app, visit Etizan.ae or call +971 2 4975020.

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About Erth

Erth, previously Armed Forces Officers Club & Hotel, is a unique landmark destination for warm Emirati hospitality, cuisine and recreation located in the heart of Abu Dhabi, near the iconic Sheikh Zayed Grand Mosque. Meaning 'legacy' in Arabic, Erth builds on an age-old mission of being a beacon of Emirati hospitality and offering the highest quality of independent, personalised, and genuine service. Its redesigned accommodation features family-friendly spaces across 237 rooms, 42 suites and 13 villas. Erth also encompasses comprehensive dining and leisure facilities. These include a Blue-Flag certified private beach, resort pool, the inviting Al Fayy Garden, an indoor and outdoor recreational hub under its Etizan Fitness brand housing a mixed gym, six restaurants, dedicated event and meeting spaces, including a new ballroom, and the soon-to-open Central Production Unit to further complement its catering and event services. For more information visit erth.ae.