STAY ACTIVE

Vitality is the Swissôtel programme to help you invigorate your body & mind at your own time and in your chosen comfort zone when you are staying with us.
BASED ON YOUR STRENGTH AND EXPERIENCE, THE NUMBER OF SETS AND REPETITIONS CAN BE ADJUSTED. REPEETITIONS AND SETS OF EACH EXERCISE: 15-30 REPS, 2-3 SETS

The exercises and the products provided by the hotel are for use solely at your own risk. The hotel, Swissôtel Management Llc and their respective affiliates, and each of the foregoing entities’ directors, officers, employees, representatives and agents accept no liability for any damages, loss or injuries arising from conducting these exercises and using the equipment. You should consult your doctor before you begin any fitness or movement program.
BASED ON YOUR STRENGTH AND EXPERIENCE, THE NUMBER OF SETS AND REPETITIONS CAN BE ADJUSTED.
REPETITIONS AND SETS OF EACH EXERCISE: 15-30 REPS, 2-3 SETS

GLUTES / HAMSTRINGS

SHOULDER / ARMS

BACK

ABS

CORE

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Based on your strength and experience, the number of sets and repetitions can be adjusted.

Repetitions and sets of each exercise: 15-30 reps, 2-3 sets

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PILATES RING

Based on your strength and experience, the number of sets and repetitions can be adjusted. Repetitions and sets of each exercise: 12-16 reps, 2-3 sets

FLEXIBILITY

VITALITY

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