



26 OCT - 24 NOV 2018

Picture Story

AL KHAWANEEJ WALK FITNESS VILLAGE: A RIDE IN THE PARK

Presented by ENOC in association with Dubai Municipality, Al Khawaneej Walk Fitness Village is a cycling haven

Dubai, United Arab Emirates – 14 November 2018: Al Khawaneej Walk Fitness Village is proving to be a great hit this Dubai Fitness Challenge (DFC), especially with families. Whether you live in Muhaisanah, Al Warqa, Oud Al Muteena, Al Mizhar or Al Khawaneej, it's time to head down to Quranic Park to get your 30x30 on with the huge range of activities happening at the Village.





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One of five fitness villages across Dubai, the Village features a five-kilometre running and cycling track, a ladies-only pavilion, XDubai Pump Track and parkour course, an inflatable children's boxing ring and a play area. There are plenty of activities for all ages and abilities, but the focus of this fitness hive is cycling, with bikes available for use free of charge. Group cycling events include light-up night rides, Ready 2 Ride (Teen Rides), Little Rascal Rides (Toddlers), Just Us Girls (Ladies) and an inclusive bike and run challenge with the Dubai Club for People of Determination. For those who want to work on their technique or prefer to cycle indoors, there will be Technogym MyCycling Gym sessions.



Topped off with a packed schedule of fitness classes including circuits, boot camp and running sessions or for those who fancy learning how to jump, land and use their body to explore the surrounding terrain, there are parkour training sessions. The '30x30 with Disney' session; a 30-minute exclusive DFC and The Walt Disney Company collaboration workout video for kids inspired by Disney, Marvel Studios and



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Disney•Pixar, is proving to be a great hit with the kids as they work out with some of their favourite characters. And in the spirit of DFC, it's all free. What are you waiting for?



Open from now until 22 November, Al Khawanej Walk Fitness Village welcomes participants from **16:00 – 22:00 on weekdays; 15:00 – 23:00 on Fridays and 12:00 – 22:00 on Saturdays**. Al Khawanej Walk Fitness Village is one of five themed fitness villages taking place across the city this Dubai Fitness Challenge.

-Ends-

*For details of the full event / daily schedule visit www.dubaifitnesschallenge.com or check the Dubai Fitness App

For more information, visit:

Website: www.dubaifitnesschallenge.com

Facebook: www.facebook.com/dubaifitnesschallenge

Instagram: [@dubaifitnesschallenge](https://www.instagram.com/dubaifitnesschallenge)



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Twitter: @dxbfitchallenge

Hashtag: #Dubai30x30

For further information and images, contact: ASDA'A BCW on dfc@bm.com / +971 4 450 7600 or contact mediarelations@dubaitourism.ae

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About Dubai Fitness Challenge

Dubai Fitness Challenge has been created to motivate the people of Dubai to boost their physical activity and commit to 30 minutes of daily activity for 30 days. Running from 26 October to 24 November 2018, the Challenge encompasses all forms of activity – from beach cricket, cycling and football, to paddle boarding, team sports, walking and yoga, as well as everything in between. All are encouraged to participate individually or together with friends, family and colleagues, enjoying new and exciting ways to improve their fitness levels. Participants can track their performance on the Dubai Fitness App and help make Dubai the most active, healthiest, happiest, smartest city on the planet.