



26 OCT - 24 NOV 2018

Picture Story

GET YOUR ADRENALIN RUSH AT DMCC PARK FITNESS VILLAGE

Presented by Decathlon in association with DMCC, the DMCC Park Fitness Village is the perfect place for thrill-seekers

Dubai, United Arab Emirates, 13 November 2018: This high-octane Fitness Village is located in the urban village of Jumeirah Lakes Towers (JLT), a great spot for tower-dwellers and those living in the more suburban areas of The Meadows, The Springs and Jumeirah Islands to get their free workouts. With a Sports Zone, Family Zone, Health & Wellness section and coaching spaces, this Fitness Village is the perfect spot for families and individuals looking for an action-packed workout to complete their #Dubai30x30.





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The Family Zone is brimming with activities including one-on-one Adults Ninja Warrior sessions, Kids Ninja Warrior, Parkour course, gymnastics, trampolining zone and climbing wall. The Sports Zone, housing pitches and courts for basketball, football, netball and volleyball, is dedicated to team sports, and has basketball and football coaches available to give you that bit of guidance. And, after all the excitement, you can relax and take some time out in the Tranquil Zone.



The free classes given on the main stage have proved a massive hit since the Village opened. Led by world-renowned fitness leaders, you can attend Yoga and Meditation by Karma Yoga, HIIT Pilates by Lilly Sabry and Bootcamp by Amanda Louise among many more. There are also daily '30x30 with Disney' sessions; a 30-minute exclusive DFC and The Walt Disney Company collaboration workout video for kids inspired by Disney, Marvel Studios and Disney•Pixar characters. There is also a Health and Wellness section where you can get your health and fitness tested for free with Mediclinic.



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The DMCC Fitness Village is home to basketball, volleyball and football tournaments - here is your chance to show off the skills you learnt! Open until November 22, the venue welcomes participants from **07:00–21:00 weekdays; 14:00–21:00 Fridays and 12:00-21:00 Saturdays**. The DMCC Park Fitness Village is one of five themed fitness villages taking place across the city this Dubai Fitness Challenge.



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-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

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.