

WELCOME BACK TO OUR

August 2025 / Vol 1

# *MONTHLY NEWSLETTER*



## WELLNESS FOCUSED MONTH

Who said that summer holiday is over?

This month, we're putting wellness at the heart of everything we do.

Our newsletter is packed with updates on exciting **upcoming events**, the arrival of **brand-new fitness equipment**, summer vibes - trainings and relaxation by the pool, rejuvenation, and plenty of fun in the sun included into the fitness packages!

# EXCLUSIVE SEPTEMBER EVENTS

[REGISTER](#)



## FEMALES ONLY FUN RIDE AT THE CHEDI KATARA HOTEL SEPTEMBER 5TH

Start your day with a **5:30 am cycling session**, followed by **coffee & dates at 7:00 am**. Recharge with an **8:00 am mobility class**, then indulge in a **luxurious breakfast buffet at 9:00 am**.

No bike? No problem!  
Just join for the **8:00 am class!**

💰 250 QAR – includes **full access to the pool & beach**.

☎ +974 7053 8181



## WORLD WELLNESS WEEKEND AT WALDORF ASTORIA DOHA LUSAIL SEPTEMBER 19TH

An afternoon of **movement, mindfulness & recovery**. Experience a **sleep & wellbeing workshop**, **Pilates/Bala Tone session**, floating sound journey, and enjoy healthy refreshments at **Wyld Erth**. Includes pool, beach, full thermal & hydrotherapy access, plus a **surprise wellness gift bag**.

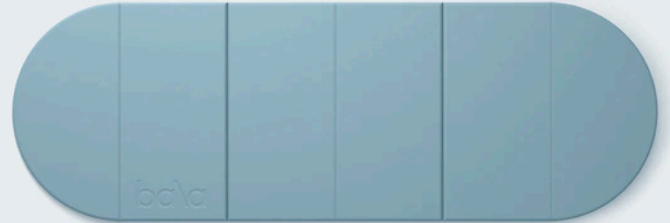
💰 290 QAR per person

☎ WhatsApp: +974 6670 9939

WHAT'S  
NEW



[SHOP NOW](#)



# GROUP CLASSES LOCATIONS

Enjoy a dynamic blend of strength and resistance training **suitable for all fitness levels**, paired with Pilates-inspired techniques to build core stability and control. Each session concludes with mobility and stretching exercises to leave you feeling strong, balanced, and restored. **Enjoy complementary facilities later!**

[BOOK](#)



**FORMASPORTS**  
FITNESS REDEFINED

**THE CHEDI KATARA  
HOTEL**

THURSDAY  
1.30 PM - 2.20 PM

FRIDAY  
1.30 PM - 2.20 PM  
*(females only)*

GYM, POOL AND BEACH  
ACCESS

**150 QAR**

[BOOK](#)



**FORMASPORTS**  
FITNESS REDEFINED

**ESPA LIFE**  
*Waldori Astoria Doha Lusail*

SUNDAY & TUESDAY  
6.15PM - 7.05 PM

*(females only)*

FRIDAY  
11.30 AM - 12.20 PM

SATURDAY  
5.30 PM - 6.20 PM

SAUNA, STEAM ROOM &  
MINERAL WATER BATH

**150 QAR**