



Les Ottomans
ISTANBUL

|| GYM





GETTING STARTED

Pursuing an active lifestyle may be one of the best things you can do for your health. Physical activity can reduce your risk of chronic disease, improve your balance and coordination, help you lose weight, even boost your self-esteem. All the benefits are yours for the taking, regardless of age, sex or physical ability. When you design your GYM program, consider your fitness goals. Think about your fitness likes and dislikes, and note your personal barriers to fitness. Then consider practical strategies for keeping your fitness program on track. Starting a GYM program is an important decision, but it doesn't have to be an overwhelming one. By planning carefully and pacing yourself, you can make fitness a healthy habit that lasts a lifetime.

ALL ABOUT US

As a member of the most exclusive GYM and SPA, you will have the pleasure of enjoying the finest services and amenities available. The Ottomans Gym offers you a unique training environment and complementary Spa facility in a traditional Ottoman mansion located on the enchanting shore of the Bosphorus Strait. Experience a private, boutique facility and a fitness team who is dedicated to helping make your fitness goals a reality. Complete your physical activities with a relaxing session in the sea water pool and Jacuzzi, or purify your body in the steam room and sauna. Re-mineralize in our exclusive Dead Sea Water Floating Pool, or select from the wide variety of Vinotherapie and traditional treatments. The combination of fitness activity and de-stressing amenities will soon become an indispensable part of your routine, helping you to become the best version of "you".



FITNESS



In our 400 square-meter facility you will find Precor cardiovascular training machines and top-of-the-line weight training equipment supplied by Precor, Hoist and Panatta. Also available for your use is the Power Plate, a multi-directional Whole Body Vibration system which provides amazing results in muscle toning and lengthening, increasing bone density, and even reducing cellulite, all in the course of a short fifteen minute session. Experience all the Fitness Centre has to offer in daily or weekly programs designed for you by our professional personal trainers.

Personalized Fitness Training: 55 min.

Get the most out of your fitness routine with a training session that increases muscle strength and improves your sport performances for all seasons. Generally, the work-out includes some combination of the following-cardio exercise, back pain relief exercises, speed and explosive conditioning, muscle endurance, Power Plate conditioning, mat work, stretching and relaxation. In the fall and winter the focus becomes ski conditioning, and in spring / summer the focus is general sports conditioning. Your sessions will improve overall sport performance and flexibility no matter what sport you do. Your Fitness Trainer will help you to find the perfect combination to accommodate your needs.

Fitness Package 10+1

Ten regular-priced personalized sessions plus one complimentary.

Fitness Package 20+3

Twenty regular-priced personalized sessions plus three complimentary.

All Fitness Packages expires 6 months from the purchase date.





PILATES



This innovative system of mind-body exercise evolved from the principles of exercise developed by Joseph Pilates.

When Pilates is practiced faithfully, it yields numerous benefits. The primary benefit is restoring the integrity of the spine by strengthening and balancing the muscles of the core. Additional gains from this work are increased lung capacity, improved circulation, greater range of motion and stability in the joints, and stronger, leaner muscles throughout the entire body. Come experience this work for yourself and quickly notice an improvement in your posture, body awareness, and quality of movement through daily life.

Pilates Package 10+1

Ten regular-priced personalized sessions plus one complimentary.

Pilates Package 20+3

Twenty regular-priced personalized sessions plus three complimentary.

Personalized Pilates Session: 55 min.

The Pilates personalized exercise session, is a safe and highly effective way to reap the benefits of the Pilates system. This one-on-one session is the ultimate way to learn the method correctly and achieve maximal results for your body type. Stretch, strengthen and streamline your body without building bulk or stressing your joints. Any combination of the mat work, and large and small apparatus can be used for your workout.





Pilates Duet Class: 55 min.

Our goal for the Pilates Duet is to create a dynamic and motivating partner training session. Any combination of the mat work and large and small apparatus will be used for the workout, but you will be assessed as individuals to incorporate specific goals and exercises into the routine based on your needs.

Pilates Trio Class: 55 min.

Experience Pilates with two of your friends for a motivating and fun training session. Any combination of the mat work and large and small apparatus will be used for the workout, but you will be assessed as individuals to incorporate specific goals and exercises into the routine based on your needs.

Group Reformer Class: 55 min.

A beginning to intermediate level group class which utilizes the unique Pilates Reformer apparatus. For those new to Pilates, but who have practiced before, at least three private sessions are recommended to be acquainted with the routine before joining the group classes. This class moves beyond the basics and begins to further challenge the core with more advanced movements, and more difficult settings on the Reformer itself.



PILATES GROUP 'Reformer' PACKAGE

10 sessions

20 sessions

Class sizes are limited to four persons; please contact the Pilates Studio for latest class schedule.

PILATES 'Duet' PACKAGE

10 sessions

20 sessions

PILATES 'Trio' PACKAGE

10 sessions

20 sessions

Pilates classes, Duet, Trio and Reformer classes / packages include entrance to Aqua World and indoor swimming pool only. Access to the Fitness Centre is not included. All packages expires 6 months from the purchase date.



Minimum Age Admittance

Children under the age of 14 years old are not allowed to use the Gym. Children between 14 years and 18 years of age must submit written approval from their parents.

Dress Regulation

Proper attire should be worn during workouts, shorts, tracksuits, T-shirts, aerobic wear and running shoes allow you to enjoy your work out and ensure comfort and safety during your exercise.

Be advised that our heated cabins as Fin

sauna, salt inhalation Laconium, Hammam, pools and others are co-gender, please dress accordingly. Swimming attire is available for purchase at the Spa Reception.

Preparation for your Spa and Gym Visit

Please do not bring any valuable belongings into Spa and Gym. The management of Hotel Les Ottomans will not accept responsibility for lost or stolen items that may have been left in the Spa or Gym.

ETIQUETTE & POLICY



The following policies and procedures are designed to assure the quality of our services and facilities to you. Please take the time to read and understand them and we will be happy to discuss them further with you at your convenience.



Outdoor Swimming Pool

The outdoor swimming pool is operational from the month of May until September. During this period, the hours of operation are subject to Hotel events. Hotel reserves the right to adjust hours of operations for such events without advance notice.

Vehicle Parking

Please be aware that the parking lot where your vehicles are kept does not belong to Hotel Les Ottomans, and has to be paid for each time it is used.

Hours of Operation

Spa: Monday – Friday from 07:00 to 22:00

Saturday – Sunday from 08:00 to 22:00

Fitness: Monday – Friday from 07:00 to 22:00

Saturday – Sunday from 08:00 to 21:00

Pilates: Monday to Friday from 9:00 to 19:00

Saturday from 09:00 to 13:00

Spa treatments are provided on daily basis from 09:00 to 21:00

During Statutory holidays Spa & Fitness is operated from 09:00 to 18:00



VINOTHERAPIE SPA
CAUDALÍE
 AT LES OTTOMANS

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 ISTANBUL

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