

**T**HE latest gym equipment had been acquired by Hyatt Regency Kinabalu Hotel for its Club Olympus Fitness Centre and Spa, recently.

The new equipment demonstrated the commitment of Club Olympus to its large member base, and to the in-house guests. Through regular upgrade of gym equipments and facilities, Club Olympus is able to maintain its market leader position as the most sophisticated fitness centre in the hub of the city.

Club Olympus members and hotel guests of Hyatt can now utilize a sophisticated Technogym Leg Press featuring multiple functions and is capable of handling up to 200kg weight stack. Full sets of Dumb Bells have also been replaced as part of the equipment upgrade. The new additions will enhance the existing range of weight training and modern cardiovascular fitness machines.

Club Olympus Fitness Centre and Spa occupies some 500 square metres of space, covering the ground and first floor.

The Fitness Centre is well

equipped with the latest fitness equipment and offers the most sophisticated facilities. The gymnasium on the first floor has a range of modern exercise technology including the newly acquired Technogym Leg Press, Cybex strength training equipment, electronic cardiovascular equipment and exercise programming. Within the gymnasium there are six television sets tuned in to music channels.

Balancing the fitness and relaxation aspects of the gym are spa areas with hydrojet hot pool, steam and sauna facilities that are located on the ground floor in separate male and female changing areas. A full menu of spa treatments using natural ingredients and spa therapies are available, the

spa and therapy menu is specifically created to invigorate the body, uplift the senses, and soothe the soul for the indoor facilities. The therapy rooms with built-in shower cubicles are also available on the ground floor section. As for the outdoor, the swimming pool is located by seaside of the building.

Armed with a team of trained fitness staff, the Club is able to provide training tips and personal guidance in the use of all exercise equipment. Other programmes provided are individual fitness and health assessments.

Club Olympus is opened from 6.30am to 9.00pm from Monday to Friday. On Saturday, Sunday and public holiday opening hours is from 7pm to 9pm.



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