



Sumaya, DELHI

IF YOU CHANGE
YOUR FITNESS
REGIME MORE OFTEN
THAN YOUR SOCKS



"Indoor rowing is happening, man. In a big way." If your conversations with friends go something like this, you're a fitness fad addict and you'll feel right at home at Sumaya. From TRX to Kinesis, the gym's instructors specialize in specific regimes to help you reach your goals - say, achieving Olympian-worthy shoulders like the Winklevii. And, if you're an athletic aesthete, look no further. With futuristic design elements and Swiss balls of every imaginable size placed artistically around the carpeted space, the result is space-ship fitness centre-meets-five-star hotel.

THE LATEST FAD: Regular boot camps
WHICH FEELS LIKE: A cross between *Survivor* and an especially fratty year at Weekender
THEIR MOST ELABORATE OUTDOOR ACTIVITY: Scuba diving
FITNESS PHILOSOPHY INSPIRED BY: Kabbalah
WHICH MEANS: There will be a lot of chakra talk
IF YOU REACH EARLY: Hit the steam room or the café, which serves signature protein shakes

Amatrra Spa, HOTEL ASHOK, DELHI

WHEN
YOU DON'T
WANT TO
WORK OUT

It's not very often that you go to your gym to get a perm, haircut or a glass of wine. That's probably because your gym isn't Amatrra. If it were, you would also get yourself a body wrap, have sushi for dinner, socialize with Delhi's elite by the pool and then be completely bewildered the next day at office when your colleague complains bitterly about his wife forcing him to go to the gym.

FOR WHEN YOU AREN'T WORKING OUT: An outdoor whirlpool, a salon and an Ayurvedic spa

DINE AT: Izakaya, an in-house Japanese fine dining restaurant that stocks an impressive range of saké

ALL EQUIPMENT IN THE GYM COMES WITH: Built-in entertainment consoles featuring most television channels

THE MOST POPULAR CLASS: Pilates
WHEN YOU'RE EXHAUSTED FROM YOUR WORKOUT:

Use the services of a robotic shampoo unit that uses pulses of warm pressurized water to cleanse your hair and scalp



Fitness Center, THE RITZ-CARLTON BANGALORE

WHEN YOU NEED TO
VIDEO-CONFERENCE WHILE
BURNING CALORIES

Client meeting? Or gym workout? How about both? If you're a member of the Fitness Center at the Ritz-Carlton, you can simply vid-con with your client while on the treadmill. Located in the heart of the business district, it's a convenient stop post-work or just before a meeting at the hotel. From free WiFi to secretarial services, working out here doesn't need to be very different from being in your own office. Save the cold beer after, of course.

WHILE-YOU-WORK-OUT BUSINESS SERVICES: Copying, printing, scanning, faxing and access to on-site couriers

GYM EQUIPMENT BY: Technogym
ON THE SAME FLOOR: An open-air pool bar

AREA OF THE POOL TERRACE: 5,800 square feet

