

Join the tribe

Local health club to host fitness challenge

AS SUMMER BEGINS to heat up, there's no better time to get active and healthy with the help of experts.

Health club operator TribeFit - located in Dubai Marina - is opening its doors to the residents and visitors in Dubai for a first-of-its-kind TribeFit Fitness Challenge on June 1.

Open to the public, the TribeFit Challenge will have various fitness challenges, a host of prizes to be won, and range of cool exhibitors from fitness experts, nutritionists and others all wanting to help residents of Dubai achieve their health and well-being goals. From fitness competitions to live demonstrations and plenty more, the TribeFit challenge is all about making participants feel great.

"The TribeFit Challenge is about transforming lives, getting fit, connecting with

people, and leading a socially active and healthy lifestyle. We are reaching to other gym operators, fitness & wellness professionals, and all health conscious people so we can work together and really make a difference to people's lives," said Ajay Mankani founder of TribeFit.

An 8am charity walk will kick-start an action packed day on June 1 with events that include free exercise classes throughout the day, including yoga and body combat. Fitness challenges for amateurs and professionals will provide visitors with added entertainment with exciting prizes to be won. For those trying to lose weight, eat healthy or just stay in shape, nutrition experts will be on hand to provide guidance and pertinent information on a variety of health-related topics.

