



Luvuyo Mabusela Resident Fitness Expert

A former professional cricketer and a keen sportsman, Luvuyo enjoys playing tennis, hockey, squash and rugby in South Africa, his native country. He holds a diploma in Exercise Science and Sports conditioning and also a certified instructor in Pilates, Yoga and Spinning. Luvuyo became well diverse in the fitness and wellness field.

Luvuyo worked in cruise liners and has been on the famous Queen Mary 2. He travelled the world and went to countries like Singapore, Australia, Hong Kong, United Kingdom, Europe and the United Arab of Emirates; he is passionate to share with people from all over the world on the importance of Fitness and Wellness. Luvuyo enjoys educating on improving lifestyle we can create through Fitness and the amazing benefits it gives us. Luvuyo specializes in body posture, rehabilitation, core training, weight loss and muscle gain through using the correct exercises for your specific needs.

Movement Efficiency Test by Fusionetics

30 minutes | OMR 15

A cutting-edge scientific screening that measures movement patterns to identify areas of strength and weaknesses based on which a personalized workout plan is designed. A properly aligned body capable of fluid movement, improved performance and a decreased risk of injury are only a few benefits to ensure that your body supports you for many years to come.

Personal Training Session

60 minutes | OMR 42 for one and OMR 60 for couple

Try this unique experience in Six Senses Zighy Bay, where Luvuyo will push your limits to a new level of fitness. The exercises are prescribed taking your goals and skill level in consideration, and adjustable with time during the sessions. A perfect harmony between cardio fitness and strength workout, during which your body gets toned and shaped to your final goal.

Personal Pilates Session

60 minutes | OMR 42 for one and OMR 60 for couple

The Pilates method of body conditioning focuses on developing the deep stabilizing muscles of the spine, pelvis, shoulder girdle, strengthening the abdominals (the "powerhouse"), hips and glutes as well as stretching and strengthening the entire body. This is achieved by uniting the body and mind. Personal Pilates session can be focused on specific goal-sports performance, or address health issues or improve posture and achieve awareness of body alignment.

Personal TRX Session

60 minutes | OMR 42

Suspension training bodyweight exercises which helps develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX suspension trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete 100's of exercise, suitable for all fitness levels.

Personal MetCon Session**60 minutes | OMR 42 for one and OMR 60 for couple**

Smart training with Metabolic Conditioning. You will do all out bouts designed to increase cardiovascular and muscular endurance. Prepare to do weights and also cardiovascular exercises at high intensity in a fun way.

Ashtanga Yoga**60 minutes | OMR 40 for one and 60 for couple**

This method of yoga involves synchronizing the breath with a progressive series of postures—a process producing intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs. The result is improved circulation, a light and strong body, and a calm mind in a short of time space.

All prices are subject to 8.4 percent service charge and 9 percent government tax