



ANATOMY

WHO WE ARE

A collaboration among fitness, sports science and nightlife veterans that embodies the future of fitness. We have developed enriching programming influenced by sports performance and the science of strength conditioning so members can excel in all aspects of their lives.

We foster intimate health and wellness communities where friends and families can sweat, enhance and recover, all under one roof.

OUR PHILOSOPHY

01 SWEAT

From hand curated, state of the art equipment, to most innovative and comprehensive group fitness classes you'll find it all at Anatomy.

02 ENHANCE

We are dedicated to helping you become the best version of yourself. Access our uniquely qualified personal trainers for one on one sessions.

03 RECOVER

Recovery is essential. Our Wellness Sanctuaries incorporate contrast therapy, infrared saunas, eucalyptus steam rooms and IV therapies.

PERSONAL TRAINING

Our Body Architects have a wide range of expertise gained from the proprietary Anatomy continuing educational programs and internationally recognized certifications, as well as years of hands-on experience. They are equipped to work with individuals who are just starting their fitness journey, post operative and rehabilitation needs and athletes at all levels.

SOLO

30 min \$150 | 60 \$ 225 | 90 min \$350

DUO

60 \$250 | 90 min \$375

GROUPS OF 3-5: DUO price plus \$100 per additional person

PRIVATE REFORMER PILATES

Embark on a journey to strength and poise that extends beyond the gym, alleviating discomfort and realigning the musculo-skeletal system.

SOLO \$275

DUO \$ 350

MIND & MOVEMENT CLASSES

Experience the evolving range of signature group classes for all fitness levels. Our Anatomy experts are always crafting new group workouts, so be sure to keep an eye on the calendar to see what's on the horizon. These classes may also be booked as a private session for an additional fee.

*IF IT'S HUMANLY POSSIBLE
I KNOW I CAN DO IT!*

ASSESSMENT

INBODY COMPOSITION & ANALYSIS

Good health begins within — InBody leverages class-leading BIA technology to deliver non-invasive, accurate, and precise body composition scans tailored to each unique person.

30 min \$75

TRAIN WITH US

CULTURE IS EVERYTHING

CALL EXT. 1271. OR EMAIL ANATOMY.HANALEI@1HOTELS.COM