



26 OCT - 24 NOV 2018

Picture Story

THE PALM JUMEIRAH FITNESS VILLAGE IS LIGHTING UP DFC

Presented by DEWA in association with Nakheel, The Palm Jumeirah Fitness Village hosts the Palm Jumeirah Glow Run virtual rainforest experience alongside an array of activities

Dubai, United Arab Emirates, 15 November 2018: The Palm Jumeirah Fitness Village is attracting sports enthusiasts from all around the city for the Dubai Fitness Challenge with a host of exciting activities including the Sports Club Zone, a Family Zone, a Health & Wellness section and the Palm Jumeirah Glow Run.





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The Palm Jumeirah Glow Run is a 3.2-kilometre course which comes to life after dark. Perfect for families who want to exercise together; it's got an electric rain forest, Teddy Bear Land and a Party Zone. Olympic gold medallist, Sir Mo Farah, has visited the Fitness Village with his family and wowed the crowds by taking a run around the course.



The main stage hosts a variety of fitness classes including Barry's Bootcamp, Zumba with MEFITPRO and Bharat Thakur Yoga sessions. There are also daily '30x30 with Disney' sessions; a 30-minute exclusive DFC and The Walt Disney Company collaboration workout video for kids inspired by Disney, Marvel Studios and Disney•Pixar characters on the children's stage.



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Open from now until 22 November, the Palm Jumeirah Fitness Village, located at Al Ittihad Park, welcomes participants from **07:00–22:00 Sunday to Wednesday; 07:00–23:30 Thursday; 14:00–23:30 Friday and 14:00–22:00 Saturday**. The Palm Jumeirah Fitness Village is one of five themed fitness villages taking place across the city this Dubai Fitness Challenge.



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-Ends-

*For details of the full event / daily schedule visit www.dubaifitnesschallenge.com or check the Dubai Fitness App

For more information, visit:

Website: www.dubaifitnesschallenge.com
Facebook: www.facebook.com/dubaifitnesschallenge
Instagram: [@dubaifitnesschallenge](https://www.instagram.com/dubaifitnesschallenge)
Twitter: [@dxbfitchallenge](https://twitter.com/dxbfitchallenge)
Hashtag: [#Dubai30x30](https://twitter.com/hashtag/Dubai30x30)

For further information and images, contact: ASDA'A BCW on dfc@bm.com / +971 4 450 7600 or contact mediarelations@dubaitourism.ae

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- Official E-Commerce Partner: **Noon.com**

About Dubai Fitness Challenge

Dubai Fitness Challenge has been created to motivate the people of Dubai to boost their physical activity and commit to 30 minutes of daily activity for 30 days. Running from 26 October to 24 November 2018, the Challenge encompasses all forms of activity – from beach cricket, cycling and football, to paddle boarding, team sports, walking and yoga, as well as everything in between. All are encouraged to participate individually or together with friends, family and colleagues, enjoying new and exciting ways to improve their fitness levels. Participants can track their performance on the Dubai Fitness App and help make Dubai the most active, healthiest, happiest, smartest city on the planet.