

# WELLNESS MAP

Dubai World Trade Centre is committed to the well-being of our partners, visitors, employees and tenants. Whether you are a UAE resident or visiting us for business, we encourage you to explore our range of wellness activities designed to support a positive work-life balance and your overall well-being.



## Active Lifestyle

- Gym: One Central, The Apartments
- Yoga: One Central
- Rock Climbing: The Apartments
- Swimming Pool: The Apartments
- Padel Pro: One Central



## Indoor Walking

- Concourse 1
- Concourse 2



## Seasonal Events

- Dubai Fitness Challenge
- Dubai Sports World



## Outdoor Walking Track (Seasonal)

- Za'abeel Park
- Al Mustaqbal Street



## Careem Bike



## Spa/Hair Salon

- Spa: Novotel WTC, Ibis WTC, Ibis One Central, 25 Hours Hotel
- Hair Salon: The Apartments, One Central



## Healthy Dining Options



## Hydration Points

- Dubai Can Dispensers
- Liquid of Life Stations



## Recycling Spots

- Sparklo Reverse Vending Machines



## Green Relaxation Zones

- Palm Garden: The Apartments
- One Central Courtyard