

## **Check out Dubai's Best Gym in JLT**

Jumeirah Lakes Towers (JLT) in Dubai has a plethora of world-class gyms for the health-conscious. These gyms are equipped with state-of-the-art equipment and have a team of qualified instructors who are available to give you advice whenever you need it. If you need special attention, you can avail their personal trainers who will prepare a daily workout routine and a diet chart specific to your needs.

Gym in JLT opens early in the morning so that members can work out before setting off to their workplace. Showers are also available at the gym. Members can also opt for lockers where they can keep their belongings safe during working out.

### **Decor and Environment**

These gyms have decors that can perk you up. They are well-lit with eye-catching pictures, wall murals and other visuals that are conducive to working out. You can also listen to the rhythmic music at the gym in JLT, or carry your own music and hear it on your headphones without disturbing other members.

### **Power Exercising**

Most of the male members and some female members, especially athletes prefer power exercising to develop muscles, tone down flab and build stamina. At the [gym in JLT](#), there are various equipment for specific body parts. For instance, weights are there to develop the biceps and triceps. There are other machines for abs, back, thighs along with the most common cardio-exerciser – the treadmill.

### **Group Classes**

Recently, group exercising and dancing have become more and more popular. Such activities usually include martial arts, Zumba or yoga. Working out alone can feel a bit monotonous and boring to many. According to studies, people enjoy the fitness classes the most when working out with their friends and other members.

### **Gym Equipment**

The gyms in JLT have a range of equipment – starting from the basic dumbbells to more sophisticated ones for the hardcorebodybuilder. There is the 'Power Rack' that allows you to lift weights without a spotter, the 'Smith Machine' which has the similar function as a weight training machine and cable machines that have interchangeable handles to a weight stack. The movement of these machines simulate ports actions like a tennis serve. The Plyometric Platforms, sturdy boxes or elevated platforms for performing exercises to build power, are also available at most gyms.