

# Work hard in the Gym. Not to get to it.

Take advantage of the Quantum Gym and Spa in the adjacent Monarch hotel.

Sentinel take the wellness of you and your team very seriously, which is why we've partnered with the Quantum Gym and Spa in the adjacent Monarch Hotel to offer you exclusive deals.

## Keep your gym shoes in your briefcase.



If you work hard all day, it's difficult to find the time to take care of your body, particularly if a gym session needs another commute. Not any more. With a gym in the building you'll be able to spend more time getting fit.

## With certain contracts the Gym is fully included.



Go on, book yourself in to have an assessment with a personal trainer. After all, it's free. They'll build you a personalised programme that you can work around your existing work schedule.

## Perhaps you need an instant relaxing Spa?



Even taking just a few minutes every day for yourself can help. Book in a 30 minute Spa treatment or take a dip in pool—you'll be back at your desk focussed and ready for anything.

## Your Corporate Gym Membership comes with a host of benefits :

- Unlimited access to the health club
- 2 health screening and wellness consultations
- 2 complimentary fitness assessments
- 2 complimentary personal training sessions
- Member's cocktails (Members Night)
- Special spa rates at Mandara Spa (25% discount on selected treatments)
- Special rates at the hotel's restaurants (15% discount at selected restaurants)
- Free Valet Parking
- From as little as AED 500/month

*"In the past I've had to commute to a gym, so lunchtimes were impossible. I could only go very early, or very late in the day and I always felt guilty when I inevitably ended up not going."*

### What's stopping you getting fit at work?

### How Sentinel can help

"I would love to go to the gym regularly, but the extra expense and the distance from my workplace and home means that I don't go."

By having access to a gym in the building, many of the excuses for not training are removed, so you'll have happier and healthier employees.

"My schedule is all over the place, so I never get into a training rhythm."

Every hour that you make available for fitness is actually spent in the gym, so you'll see results much sooner, creating a virtuous circle

"I've heard that corporate gyms can help build team spirit and shared goals. Is that true?"

Ask the personal trainer to build a programme—or a training competition—for your whole team. Get those competitive juices flowing!

# Are you *business agile*?

## Office and Business Solutions



**Express Business Set Up.** We'll get your company incorporated correctly and trading in Dubai, with the least hassle and in the shortest possible time.



**Flexible Offices.** Short-term contracts that allow you to grow, or shrink the office space that you need, when you need it. So you only pay for the space you use.



**Virtual Offices.** With a prestigious P.O.Box, telephone, mail forwarding and email alerts and hot desking, you can be in Dubai, even when you're not.



**Meeting Rooms.** Host from 2 to 12 people for any kind of formal or informal meeting in comfort, with IT, A/V, catering—and attractive views of Sheikh Zayed Road.



**All Inclusive Billing.** We've added a host of free services as standard that would cost extra at other Business Centres. So, there's never any unexpected charges.



**Concierge Services.** When you check in, your personal concierge is on hand to solve any travel, transport, hotel or restaurant issues you might have.

## One, Sheikh Zayed Road



**Prestigious business address.** You'll be sharing offices with some of Dubai's blue-chip companies and able to walk to DIFC, DICEC and The World Trade Centre.



**Central location.** You are in the heart of Dubai's CBD with business hotels and many of the city's top restaurants on your doorstep and minutes from the airport.



**Admin Staff-on-Demand.** We have highly trained administrative staff on hand, so you can delegate as much or a little to us as you like.



**Instant-On IT.** No need to plug in as we have centre-wide WIFI, and our IT Staff can hook you up with your own IP, host your own equipment or address any IT issues.



**Communications.** Stay in touch with your clients and head office, with a direct dial and fax number, your own voice mailbox or have everything routed to your email.



**Dining and refreshments.** Feed your hunger! Enjoy our well-appointed lounge area, and receive complimentary barista quality coffee directly to your desk.

## Complementary Services

When you do business with Sentinel you benefit from over 50 years of combined Middle Eastern experience. Finding, quoting and procuring the services your company needs takes time and can slow you down. We can do all that for you.

We buy on behalf of many of our clients, so whether you need hotel rooms, car rental, warehousing or advertising services, our buying power and experience ensure that you always get the best service at the lowest price.