**Press Release**

**Expo City Dubai joins Dubai Fitness Challenge with eventful weekend of sports and wellness activities**

**Download accompanying assets** [**here**](https://expocitydubai-my.sharepoint.com/:f:/g/personal/svetlana_pak_expocitydubai_ae/En7cG0Jshm9IvZQ5NLS-aAkB1GTGvZ2pb0kgHLrnfMKx3Q?e=OgVolk)

**DUBAI, 19 October 2022 – Gearing up for the sixth edition of Dubai Fitness Challenge, Expo City Dubai has announced an action-packed programme of sporting and wellness events to take place 12-13 November.**

**Expo City Dubai’s Sports and Fitness Weekend aims to promote physical activity as a way of life and will bring people of all ages and abilities together with an inspiring array of free activities – from high-performance football workshops to rejuvenating fitness sessions and meditation masterclasses.**

**Expo City Dubai is also collaborating with Dubai Sports Council and Dubai Fitness Challenge on the high-profile Expo City Dubai Run, and Expo City Dubai Ride, with each event offering four different distances.**

**LISTINGS**

**Expo City Dubai Run**

**Across 3km, 5km, 10km or 15km, routes will pass pavilions, parks and other attractions. Places are limited to 3,000 runners, and entry is open to social and advanced runners of all ages, as well as People of Determination.**

**Date:** Saturday, 12 November

**Time:** 0700-1000

**Location:** Starts and finishes at Al Wasl Plaza

**Cost:** AED 100 (**includes race T-shirt and medal, chip timing, downloadable certificate, water, snacks and fruit)**

**Registration:** [Premier Online](https://www.premieronline.com/event/expo_city_dubai_run_6117) before 4 November

**Fitness First Jump**

Led by top instructors, up to 300 kids and 700 adults are expected to join in the fun as they bounce into shape in a gravity-defying mini-trampoline workout.

**Date:** Saturday, 12 November

**Time:** Kids 1700-1745; Adults 1815-1915

**Location:** Jubilee Park

**Cost:** Free

**Registration:**[my.coredirection.com](https://my.coredirection.com/category-detail/17)

**Barry’s Boot Camp**

The original HIIT workout, Barry’s high intensity interval training promises to push participants to their limit. Spaces limited to 500.

**Date:** Saturday, 12 November

**Time:** 1900-1945

**Location:** Al Wasl Plaza

**Cost:** Free

**Registration:** [my.coredirection.com](https://my.coredirection.com/category-detail/17)

**Zumba Party**

Get heart rates up while boosting cardio endurance in this dance-party inspired class led by instructors from Dubai studio Jed & Crew. Spaces limited to 500.

**Date:** Saturday, 12 November

**Time:** 2000-2100

**Location:** Al Wasl Plaza

**Cost:** Free

**Registration:** [my.coredirection.com](https://my.coredirection.com/category-detail/17)

**Shimis Yoga Classes**

A rejuvenating blend of Yin Yoga and Vinyasa to improve balance and fitness levels.

**Date:** Saturday, 12 November and Sunday, 13 November

**Time:** 45-minute sessions starting at 0800, 0900 and 1000

**Location:** Surreal Water Feature

**Cost:** Free

**Registration:** [my.coredirection.com](https://my.coredirection.com/category-detail/17)

**AC Milan Football**

A range of physical and technical development workshops for football enthusiasts aged 6-17 years.

**Date:** Saturday, 12 November and Sunday, 13 November

**Time:** 0800-0900 (10-13 years), 0900-1000 (10-13 years), 1000-1100 (6-9 years), 1700-1800 (14-17 years), 1800-1900 (14-17 years)

**Location:** Expo City Sports Hub

**Cost:** Free

**Registration**: [mycoredirection.com](https://my.coredirection.com/category-detail/17)

**Aspire Gymnastics**

One-hour coaching sessions offering artistic, rhythmic and acrobatics gymnastics to boys and girls aged 3-18 years.

**Date:** Saturday, 12 November and Sunday, 13 November

**Time:** 1700-2100 (Four one-hour sessions on both days)

**Location:** Al Forsan Park

**Cost:** Free

**Registration:** [my.coredirection.com](https://my.coredirection.com/category-detail/17)

**Les Mills Body Workouts**

Famed New Zealand fitness brand Les Mills will keep motivation levels high on Saturday with two **Body Balance classes – a new generation yoga class for both body and mind.**

**Date:** Saturday, 12 November

**Time:** 1700 and 1800

**Location:** Al Wasl Plaza

**Cost:** Free

**Registration:** [my.coredirection.com](https://my.coredirection.com/category-detail/17)

On Sunday, **Les Mills’ high-energy** Body Grit, Body Jam and Body Combat are guaranteed to get heart rates pumping.

**Date:** Sunday, 13 November

**Time:** 1700 (Body Grit), 1800 (Body Jam) and 1900 (Body Combat)

**Location:** Jubilee Park

**Cost:** Free

**Registration:** [my.coredirection.com](https://my.coredirection.com/category-detail/17)

**Expo City Dubai Ride**

Up to 1,000 cyclists can join the **incredible route, taking in Expo City Dubai and the surrounding areas toward Al Maktoum International Airport,** with distances of 12km, 18km, 40km and 74km.

**Date:** Sunday, 13 November

**Time:** 0700-1100

**Location:** Starting at Mobility gate

**Cost:** AED 100 (includes race-branded shirt, electronic chip timing, custom-made medal, downloadable certificate, water, snacks and fruit)

**Registration:** [Premier Online](https://www.premieronline.com/event/expo_city_dubai_ride_6118)

**Breathwork Masterclass**

A breathwork masterclass, run by Yoga guru and founder of Total Yoga Manish Pole, taking up to 500 participants through mindfulness practices by looking at the body, mind and prana (breath).

**Date:** Sunday, 13 November

**Time:** 1730-1845

**Location:** Al Wasl Plaza

**Cost:** Free

**Registration:** [my.coredirection.com](https://my.coredirection.com/category-detail/17)

**HIIT with Platform Studios**

Award-winning Platform Studios will run a 45-minute high-intensity interval training (HIIT) class for up to 500 participants.

**Date:** Sunday, 13 November

**Time:** 1900-1945

**Location:** Al Wasl Plaza

**Cost:** Free

**Registration:** [my.coredirection.com](https://my.coredirection.com/category-detail/17)

**Pure Bhangra**

Experience the joy of energetic fold dance, Bhangra, with a fun, fluid, full-body workout that strengthens stamina. Spaces limited to 500 participants.

**Date:** Sunday, 13 November

**Time:** 2000-2045

**Location:** Al Wasl Plaza

**Cost:** Free

**Registration:** [my.coredirection.com](https://my.coredirection.com/category-detail/17)

**Expo City Dubai’s Sports and Fitness Weekend is part of the Dubai Fitness Challenge, an annual city-wide campaign to encourage healthy, active lifestyles, running from 29 October to 27 November 2022.**

**-ENDS-**

**About Expo City Dubai**

* Expo City Dubai is the legacy of Expo 2020 Dubai, building on its resounding success and retaining 80 per cent of Expo-built infrastructure
* Expo City Dubai is based on a deep-rooted belief that a broad coalition of people, working together, can propel human progress to help create a more sustainable and dignified future for all
* A clean, green, innovation-driven, human-centric city of the future, Expo City Dubai is designed as a blueprint for sustainable urban planning, galvanising action on its journey to net-zero
* Expo City Dubai provides a business ecosystem that embraces technology and digital innovation
* Packed with educational, cultural and entertainment offerings, Expo City Dubai celebrates human innovation, imagination and ingenuity and inspires future generations
* Building on the success of the World Expo, Expo City Dubai is the go-to destination for globally significant events, including COP 28, and supports the UAE’s wider diversification and growth aims

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