

GRAB ONE!

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FREE!

WORKOUT

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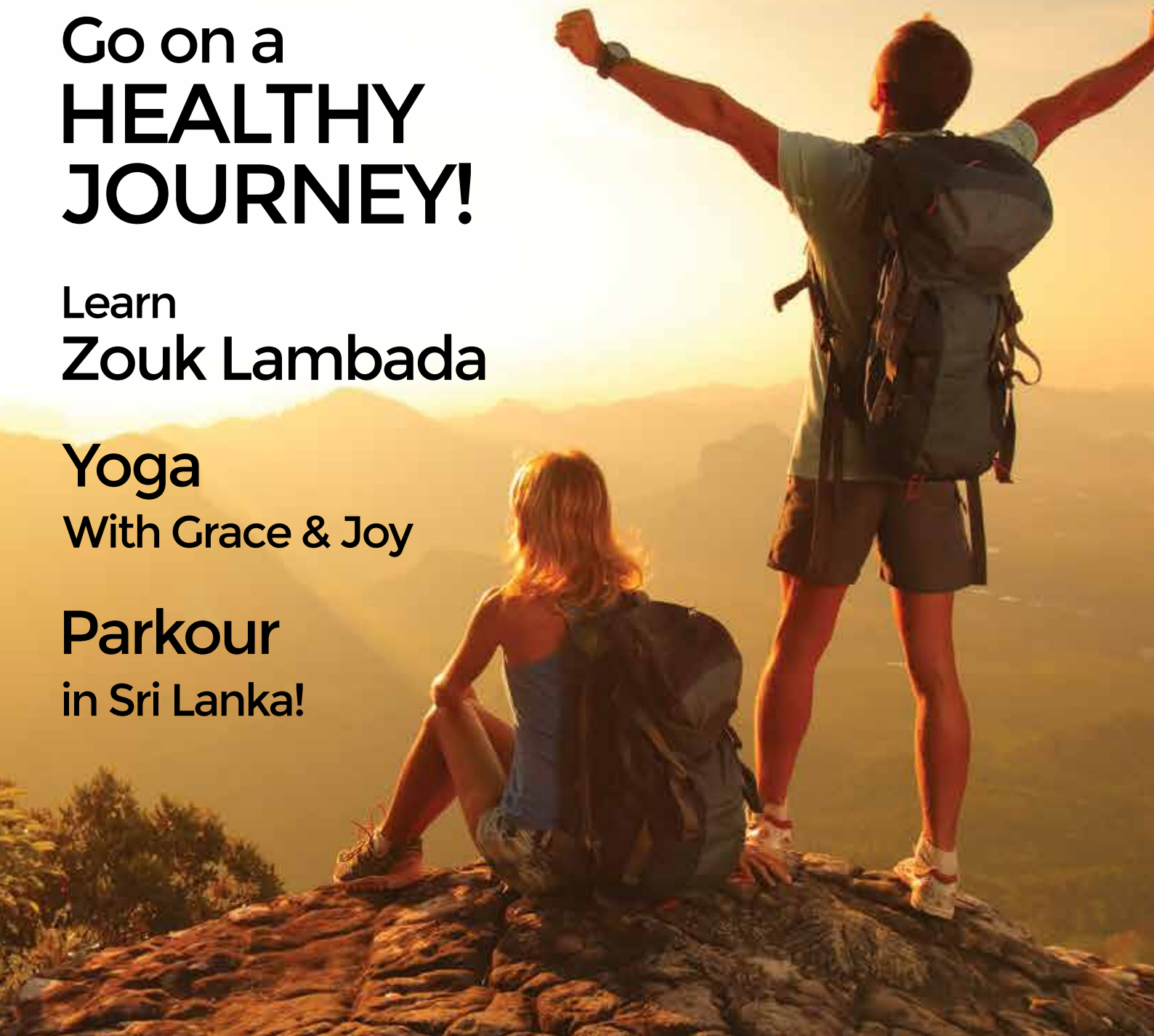
MAG

Go on a **HEALTHY JOURNEY!**

Learn
Zouk Lambada

Yoga
With Grace & Joy

Parkour
in Sri Lanka!



Thank you for picking up the second issue of our magazine. Every quarter, we plan to offer you some of the best highlights of what the city has to offer in health, fitness, wellness and outdoor activities! If you missed our first issue, you can view a digital copy via www.workout.lk.

Workout.lk is an independent startup created in 2017 with a mission to inspire you to get active - whether you're a complete beginner to fitness or a seasoned athlete, we aim to give you access to credible health and fitness resources and experiences all in one comprehensive platform.

Whether you like indoor gym classes or outdoor sport activities, personal training or simply dancing to a beat at home, we share fantastic ideas to get you moving! We collaborate with professionals across our network to curate experiences, workshops, and corporate programs as well.

Our Facebook page gives you regular inspiration along your journey, and our website www.workout.lk is where you can find the most comprehensive and up-to-date A-Z database of all sports, gym, and outdoor activities currently available in Sri Lanka. You can explore the site for activities and events that may interest you, search for classes, experiences and workshops, buy workout gear, find healthy food outlets, physiotherapists to spas and much more.

If you're a resource person or an advertiser, feel free to contact us if you'd like to feature your health-and-fitness-related product or service. We would love to consider collaborating with you.

Look forward to hearing more from us soon. Stay tuned via our FB page for cool workshops and workout experiences near you.

Have a healthy week!

WORKOUT.lk



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KANDY CITY CENTER, KANDY



BAGATALLE ROAD, COL 03
NEW WING – LIBERTY PLAZA



ALEXANDRA PLACE | KZONE (JA-ELA)
THALAWATHUGODA | KOHUWALA
WATTALA | NEGOMBO



The Coolest Way to GO OUTDOORS!

Each year, millions of people from around the globe go caravanning to explore their lands while taking with them the comforts of their home. Fairway Go Outdoors is now aiming to generate interest in the same trend here in Sri Lanka - offering great relief to the long-weekend and seasonal traveler from the burdens of static accommodation!

Go Outdoors offers a unique way to enjoy the diversity and beauty of Sri Lanka through their network of fully

equipped Caravan Parks available island-wide. Static parks have now officially been set up at Nuwara Eliya, and Willpattu. Drive-in parks are available at Kirinda, Tangalle, Kandy, Pollonnaruwa, Anuradhapura, Mannar and Sigiriya.

The island is blessed with a diverse range of camping options from mist-capped hills to dense jungles to sublime beaches and the caravans give you the freedom to explore these at your own pace or customize a package that gives you a glimpse of what our beautiful island has to offer.





This June: Go on a HEALTHY JOURNEY!



Too much time with electronics is not only draining us, but affecting our minds and bodies as well. We now hear more science-backed reasons to consider engaging with the outdoors more often, whenever we can, to counteract these negative effects.

There is data to support the fact that spending time outdoors actually stimulates creativity and replenishes our ability to pay attention. Time in nature also stimulates our problem-solving skills and strengthens cognition. By distancing yourself from technological stimulation and everyday stresses, you are allowing the part of your brain that controls problem-solving, selective attention, and multitasking to restore itself.

Another study found that walking 90 minutes in nature decreases activity in a key region of the brain associated with depression.

If you don't want any of that, but just want to get your mood and sleep regulated back to normal, just one weekend in the woods will automatically reset your inner clock (or circadian rhythm). Either way, taking a trip to nature cannot go wrong - it is the best healer we have, just a bit far outside our cubicles. :)

We are organizing a very special hiking journey to Kandy on a Go Outdoors caravan this June! You'll get to experience and learn hiking and photography tips, yoga, healthy meals, nutrition advice, and will be joined by two of the best coaches in their respective fields - Raajiv Wanigasekera and Angelica Chandrasekaran.

Experience a relaxing journey amidst lush greenery and waterfalls, all the while adding great learning to your life. This is one journey you wouldn't want to miss!

When: June 16th and 17th 2018

Where: Kandy

Visit www.workout.lk, or
call 077 733 7430 for more information.
Limited space;
RSVP via event registration link on QR:



Yoga With Grace & Joy



WATCH VIDEO [f /Workout.lk](https://www.facebook.com/Workout.lk)



Since moving to Sri Lanka, Jessyca Canizales has been connecting and growing with the yoga community here, regularly teaching children and adults each week, as well as offering private instruction, monthly workshops and retreats.

Jessyca was a dancer for many years and thus naturally flirted with yoga along her journey. It wasn't until 2011 that she began to 'practice yoga' as a means to cope with the stress of expat life as a mother, a language learner, and international teacher. She was initially drawn to Bikram Yoga and instantly fell in love!

Along this challenging path, Jessyca's relationship with asana dramatically changed because of health complications and high risks. The limits of her physical abilities, strength and stamina forced Jessyca; a natural mover and perfectionist, to focus instead on pranayama, meditation, non-attachment and mantra.

Jessyca then completed her 200RYT with Anna Laurita of the Krishnamacharya lineage. Immediately, she started teaching yoga classes around the globe, from South America to Asia, leading well over 200 yogis in their practice and deepening their relationship with yoga. In 2017, she started offering intensive YTT 200hour YA events in Asia.

Scan the QR to watch Jessyca talk about the benefits of yoga.



WATCH VIDEO [f /Workout.lk](https://www.facebook.com/Workout.lk)



Like to get an introduction to Zouk? Join a special beginners' workshop with both dance theory and practicals on May 19th at Prana Lounge! Sign up via this link on the QR:



Learn Zouk Lambada!

Kraken and Artül, representing Zouk Elements, organizers of the ZoukLand Festival, have performed and taught Zouk Lambada and FlowBody at several dance festivals and weekends in Europe, Middle East and Sri Lanka since 2012. To spread their love for dance, they travel abroad and continue to develop themselves

as teachers and as dancers, and now offer regular classes right here in Colombo.

Kraken & Artül are passionate about how dance, music and the elements can help people achieve a deeper connection with one's true self, resulting of course in a happier and more balanced self.

They look forward to creating something really special together; a beautiful interactive space where music and movement happen, and while each person comes into the space with their own story, their own needs, their own reasons to be there. Through it all, they say, there will be one thing we will all share - the connection! Visit www.workout.lk to learn more about these amazing instructors.



Jazz Shoes

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Parkour in Sri Lanka!

WATCH VIDEO [f /Workout.lk](https://www.facebook.com/Workout.lk)

Photos by Radhika Jayasundara

What on Earth is Parkour, you may ask? And why is this boy suspended upside down in the air? :) "Parkour is the most efficient way to move from point A to B while clearing obstacles," says Radhika Jayasundara, the founder of Sri Lanka Freerunning Parkour Federation (SFPF), a Parkour and Freerunning community from Kurunegala.

You've probably seen Parkour on TV, where movie stuntmen perform back-flips, leaps, vaulting, swinging, mantling, rolling, and all kinds of other gravity-defying movements. The concept was first developed by David Belle in the 80s, based on French military training. The sport takes dedication to master, yet only requires a

functional body, a fearless attitude, and a good pair of shoes. :) Radhika was the pioneer to officially start the movement (literally) here in 2013; thereafter, a small group of friends who were truly passionate about movement joined, and a community formed. The group now consists of athletes from all parts of the country who can perform stunts for commercials and action performances.

Radhika was inspired to learn Parkour tricks at the age of 17, after watching the movie B13. Despite lacking adequate training grounds, Radhika somehow manages to squeeze in training time during the holidays in his hometown.

Scan the QR code and watch Radhika and his visiting friends from UK and Austria perform amazing stunts at Galle Face Green that stop passers-by in their tracks!



Serendicity Flying Disk Club

WATCH VIDEO [f /Workout.lk](https://www.facebook.com/Workout.lk)



Love the outdoors? Ultimate frisbee could be a sport you might like to try out! It's a team sport similar to rugby sans the contact element, and where you use a frisbee instead of a ball. Serendicity Flying Disk Club (earlier known as "Colombo Ultimate Frisbee Club") has been playing this game for quite some time and has become quite popular in the city.

The club was popularized by a few expatriates around the year 2005. They now hold regular tournaments here and abroad as well.

The sport is fun and accessible to all - you will see players of all types and skill levels, newcomers and old hands.

They play regularly in the mornings, with just enough time to have a shower and go to work feeling energized. The weekday games depend on numbers, so get connected to their Facebook group page if you need more information on timing and location.

The club would love to hear from anyone interested in joining them for a game. All are welcome, and there is no membership fee involved.

There's no better way to get fit for free, while having a fun outing at the same time!

On the video: Watch Naven, Moin and Sanchitha talk about the Ultimate Frisbee scene in Colombo. Hear Sanchitha's transformation story too!





Who's Afraid Of Vinegar?

There are not many foods so badly misunderstood or so essential in the kitchen. Its strong sour taste isn't a mainstream favorite but vinegar is definitely scoring high on health charts and shopping lists around the world. What makes it so special?

First of all, there seem to be as many kinds of vinegar as there are ways to use them. Vinegar can be made from apples, sugarcane, rice, malt, coconut, palm, dates, raisin, honey, or kiwi. Usually kept in the kitchen right next to oil, it comes in handy all over the house. You can use it as an efficient all-purpose cleaner, bath detox, facial toner, hair treatment or even teeth whitener.

However, its health benefits are most prominent when it's consumed. A champion at preserving food, pickles couldn't exist without it, and as a cooking ingredient, we can add it to salads, sauces, marinades and other dishes, by itself or to enhance other flavors. And it's smart that we do!

Vinegar is known to help with blood pressure and diabetes control, lower blood sugar, kill bacteria, decrease allergies and can even serve as a first aid for jellyfish stings – should you ever find yourself around jellyfish and vinegar at the same time! Now that you know, isn't it time to find your personal favorite?

Apple... Cider? Vinegar!

ACV, or apple cider vinegar, is a staple in most American households. Its charm lies in its softer, tart, fruity flavor with all the perks of your ordinary vinegar. Actually made from apple cider, its taste is a welcome alternative to the usual strong and sour one.

While it works great with salads, marinades or chutneys, many people opt for a tablespoon or two of raw ACV a day in favor of detoxification, better digestion, cleared up skin and easier weight loss. If you'd like to give it a try but your taste buds are not impressed, there's always a way to make it better!

Apple Cider Vinegar Elixir

Ingredients: 1 1/2 cup of cold filtered water
2 tbs of apple or grape juice
2 tbs of Organic Apple Cider Vinegar
1/2 tsp of cinnamon

Place all ingredients together in a glass and stir until they mix. You can add a little ice if you like, then drink!

OrganicoGuru has a wide range of organic vinegar products to choose from - red wine vinegar, balsamic vinegar and more!



Sri Lanka's Pioneer in Functional Food

OrganicoGuru was established with the primary objective to provide health-conscious consumers food solutions that bring health values well beyond basic nutrition.

OrganicoGuru as an earth friendly entity also makes every effort to selectively source sustainable, certified organic material from likeminded suppliers, while working closely with such manufacturers and brand owners in Australia to bring our consumers a specifically selected range of great tasting, ethically sourced, functional and super Foods that are GMO-free, high in protein, gluten-free, lactose-free, egg-free, nut-free, wheat-free, yeast-free, BPA-free, vegan and products with no added sugar.

As Sri Lanka's largest online store for functional, organic and super foods, we strive to provide consumers healthy dietary solutions that help live life to the fullest, while feeling great and looking great every day.



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Fhix45: Be Functional!

WATCH VIDEO [f /Workout.lk](https://www.facebook.com/Workout.lk)



Life pulling you in all directions? Got so much work to do that you can't keep up? Maybe Fhix45 can "fhix" that for you. Led by co-founder Daniel Thambyrajah, the Functional Hybrid Innovative eXercise (Fhix) programs aim to make you stay on top of your game in just 45-minutes.

Daniel's story and style makes him a special kind of fitness buddy. He is a NESTA certified Group Exercise Instructor, an IYCA Resistance Band Instructor and a SCW Fitness certified Boxing Instructor. He has 15 years of experience in the world of motivation and excellence. As a corporate trainer and leader, he understands the psychological

and physiological barriers to excellence. Having been overweight and unfit himself during a phase in his life, he made a choice to change when he began recognizing the value of being functional. So began a passionate and innovative journey into fitness.

To Daniel, being functional is the ability to do normal everyday work without mental or physical apprehension. At Fhix45, his sole purpose is to design programs that evoke functionality in individuals, offering a wide range of exercises that are creative, engaging and fun, to inspire and perspire!

Scan the QR code placed on this page to get an overview of what they offer.



Like to work out at home? Here are some cool additions to your arsenal.

Foam Roller

The Foam Roller is an effective workout tool that has become popular in Colombo. It improves blood flow, speeds recovery after a workout and can help reduce the risk of injury.

Read our blog article titled "When to Foam Roll" to find out more about the science and its function.



Treadmill Desk

Work while you walk, on the very best in treadmill technology by Life Fitness. The Treadmill Desk offers an adjustable, ergonomic experience, and is equipped with a silent motor, and speeds that are optimal for walking while working.



Geeky cool!

Garmin vívoactive® HR

Run, bike, swim, golf and more with vívoactive HR. Its GPS-enabled built-in sports apps track your stats while smart notifications allow you to stay connected. vívoactive HR continues to track activity³ throughout your day by counting steps and floors climbed as well as monitoring sleep and calculating intensity minutes. The rechargeable battery lasts up to 8 days² in watch/activity tracking mode.



Kettlebell

You can do standard weight training exercises with a kettlebell, but to really take your training to another level, then introduce more traditional ballistic exercises such as swings, cleans, snatches and jerks. Not only will you target each major muscle group, but you will work so many different parts of your body in such a short space of time.



Stability Ball

A great way to improve balance and core fitness. You can use it for your workout routine or as a chair at the home and office.



Electric Scooter

Have fun on the streets speeding up to 23km/h! Here's a high quality two-wheel kick scooter available in colors white/black/pink. It has a mileage of 19-28km and has a load capacity of 90kg.

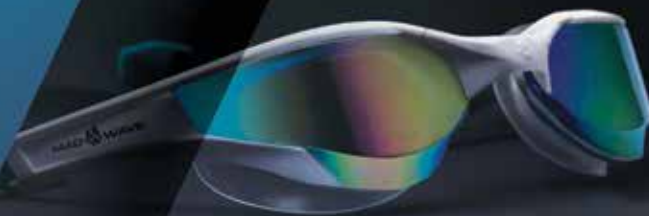


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RAZOR
RACING GOGGLES

WATCH VIDEO [f /Workout.lk](https://www.facebook.com/Workout.lk)

Ironman 70.3: Truly Inspiring Stories

This is the story of the brave ones, the ones who stepped into the sun to show Sri Lanka that they are ready to stand tall, to compete despite their challenges, and to defy the perception that their abilities are less than “normal.”

Sashi Madushanka lost his sight in 2009 due to an accident. Khalid Oshman went blind in 2012. Shaki Edirisinghe is hearing impaired. Thalawarige Punchibanda hails from a region called Dambana and took a giant step to conquer the unknown sea. They also supported each other: Shaki swam with one arm while other continuously rhythmically drumming on the water to keep his buddy Khalid from getting lost.

Each story was truly unique & heart-warming, and their determination to complete in the internationally

recognized Ironman 70.3 Colombo was truly inspiring, and their performances breathtaking to watch.

They showed many a Sri Lankan that what separates the impossible from the possible is attitude, determination and spirit. A little acceptance and guidance can work miracles – and thanks to Julian Bolling and Denis Crassier, these men realized their potential.

We wish to note that there may've been many like our friends mentioned in this article, who we could not touch on, and they may have had equal or greater endeavors to share. Nevertheless, we are truly thankful to their contribution to showing that the world can be a better place with little steps of acceptance and encouragement.

Article and photos by Kasi Adikaramge.





WSO2: Setting Benchmarks for Corporate Environments

Innovative changemaker, the founder and CEO of WSO2, Dr. Sanjiva Weerawarana, shares some great insights with us on his approach to creating a work environment that supports work on par with the world's best.

Q: Tell us about the vision behind the work environment of WSO2.

WSO2 was setup with a particular kind of vision around a creative environment to think, work and execute; with freedom to think, to work whenever you can, from wherever you can; an environment that sets the stage for that, so that you can compete in the world and be the best in the world in what you do. And to do that, you need to

create a setting which gives people not only a sense of freedom, but the actual freedom, and an environment that supports you in that kind of thinking.

Q: What are your views on work-life balance?

Work-life balance is slightly overrated in my view. I believe in hard work because I enjoy work; to me work is life, and life is work to some extent. It's not that things in WSO2 are designed around creating work-life balance. Our mindset is to create a work environment you love, and by definition you have work-life balance.

Watch Sanjiva share more great insights on the full interview by scanning the QR code placed at the top of this page.



Missaka: Introducing Remedial Therapy to Sri Lanka

Remedial Massage is a hands-on approach, designed to work on a particular problem area that a patient may have. Not to be confused with relaxation massage, it is used to treat musculoskeletal problem areas including strains, sprains, broken bones, bruising and, together with deep tissue massage, it works on the removal of blockages, scar tissue or adhesions left after surgery or injury. It can also help with lifestyle changes where pain has been brought on through work or environment. Sri Lanka's first and only Australian qualified remedial massage therapist, Missaka Wijenayake brings with him over a decade of experience in deep tissue and sports massage therapy.

Having obtained his qualification from the University of Victoria and La Trobe University, he also possesses extensive knowledge of physiotherapy, enabling him to cater to the varied needs of his clients. Be it highly-organized massage therapy to enhance client's mobility

and flexibility, Remedial Therapy for those with sports injuries, accident injuries and work injuries, professional spa massage and body treatments, or disabled patient care, his versatility allows for highly skilled and precise treatment. With experience in deep tissue and relaxation massages, rehabilitative massages, electro-mechanical massages and aromatic massage therapy, he offers a holistic approach that many cannot claim.

Explaining the benefits of Remedial Therapy, Missaka says, "Remedial Therapy may seem a new terminology in Sri Lanka, but it is not so abroad. It is known to provide an effective healing treatment that can be gentle or strong, deep or shallow, when muscles and tendons become damaged, impaired, knotted, tense or immobile."

His newest venture, his therapy clinic, makes the benefits of Remedial Massage Therapy available to a wider audience in a manner compliant with international protocols and standards of practice. It offers much-needed relief on a long-term basis to those suffering from physical stress due to long hours at their computers, sports-men and -women as well as exercise enthusiasts. Missaka is available at Arq, Bagatalle Road, Colombo 03.

Food That Loves Thy Heart

Sure, we've heard often enough that ischemic heart disease is the number one cause of mortality, contributing to a staggering 23.6% of deaths in Sri Lanka. (In contrast, road injury related deaths only contribute to 2%!) The good news is that we are blessed with an abundance of heart-healthy foods that can be added to our diet to ward off this common enemy...

Avocado:

Full of monounsaturated oleic acid which acts as a cholesterol-lowering antioxidant. It's a great alternative to butter and makes a popular smoothie that can be customized with fruits and nuts for a different taste. Better

yet, while avocado is in season, it is 'dirt cheap': :)

Almonds & Walnuts:

High in monounsaturated fats that will help lower bad cholesterol levels and promote a healthier heart. Although expensive, it is more readily available nowadays than it used to be. Given that most of us would willingly spend over Rs. 1,000 on a meal at a fast food restaurant, spending the same on nuts that can be used for multiple meals is actually more economical - and it's better for your body.

Fatty fish:

Mackerel, herring, tuna and salmon are all rich in the omega-3 fatty acids that help reduce inflammation and plaque accumulation in the arteries.

Other notable choices include oranges, olive oil, broccoli and cinnamon. Your heart doesn't want to have to take a break, so go give it the motivation that it needs by nourishing it with all things natural and clean.

Article by Rushini Goonatilake - Co-owner of Natural Eats. Visit Rushini's outlet at The Fitness Connection, Colombo 07 and try out some of their healthy treats!

Conscious, Nutritious, Delicious!

Fresh juices, smoothies, protein shakes, muesli bars, snacks, healthy sandwiches, and lots more - the healthiest option pre- or post-workout. No water, sugar or salt added; expect only the best ingredients.

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Tamara and Life Food Cafe

WATCH VIDEO [f /Workout.Ik](https://www.facebook.com/Workout.Ik)



A pioneer wholesome health food entrepreneur, Tamara Raymond, reveals her journey since 2012: how her healthy lifestyle has impacted her, how she differentiated Life Food Cafe in a niche segment, and her views on the industry right now. Tamara's success story, where passion meets innovation, is an inspiration for more healthy food startups to follow!

Q: What made you start this venture?

The journey started around 8/9 years ago and the catalyst was my faith. I realized I needed to make drastic changes in my life and my husband's, and one of the biggest things that can do that is food and exercise, so we brought that into our lives and started this venture at The Good Market. Then we came here and named it the Life Food Cafe. It's been a long journey, but a really fruitful one so far.

Q: How has your healthy lifestyle transformed you?

So 8 or 9 years ago was my turning-point; I was totally overweight and had an indulgent lifestyle. We've seen such difference in making simple healthy choices like adding exercise into our routine. I feel great and totally energized all the time; my husband is unrecognizable now;

my sister's diabetes is under control - these are things you cannot put a price tag on. For me it's important to teach my children this so they have longevity. I want my kids and myself to live a long healthy life without pain, and without having to depend on medication. I want to be a useful 90-year-old, emulating both my grandmothers. The goal is to stay as healthy as possible for as long as possible and really enjoy life, and not be a burden to anyone.

And the wonderful thing about this journey is that you can make that switch at any point - fifty or sixty is not too old, and surely when you're much younger it's even easier.

Q: Any message to anyone aspiring to run a health food startup?

We were one of the first health food startups in the nation. I guess at the time, it was a tricky thing to take on, but people have just embraced it, and people are open to stuff like this. And since Life Food there have been quite a few health startups, which is absolutely brilliant. We in the food industry have a social responsibility to serve good, nutritious, wholesome food. If you have a good idea that adds value to life, I would say "go for it", people will jump right on board with you.

Watch the full interview along with a sneak peak of Life Food Café by scanning the QR code on this page.

Around the web...

Want to feel inspired, and learn cool stuff? Here are some great content featured from YouTube - simply scan the QR codes from your mobile to access the videos. Find lots more on our YouTube channel - WORKOUT LK.



Best Free Apps for RUNNING

Sometimes all you need is a bit of inspiration to get moving, and these apps help you do just that!

Couch to 5k Runner
Nike+ Run Club
Strava GPS Cycling and Running App
Runkeeper - GPS Running Tracker
Running for Weight Loss

Did You Know?

After about 30 - 40 minutes of a vigorous aerobic workout, studies have recorded increased blood flow to the brain's frontal lobe, which is associated with many of the attributes we associate with "clear thinking": planning ahead, focus and concentration, goal-setting, time management. Truly a reason to spend half an hour to leverage much more!

(Source: American Academy of Clinical Neuropsychology)

DEALS

Get Rs. 5,000 off a Kuvings Juicer!

The Kuvings cold press juicer uses a low speed masticating method and a powerful motor to extract the best from your vege or fruit without any vitamin loss. It's perfect to make smoothies and sorbets too!

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QUIZ

ANSWER & WIN!

Complete the below 03 questions and email your answers to contact@workout.lk to be eligible to win prizes from Goyo and Workout.lk! Congrats to the winner from the last issue - Farhan Faizal!

1. Name a class taught by Kraken and Artül.
2. Where can you buy MadWave products from?
3. When did Tamara start Life Food Café?



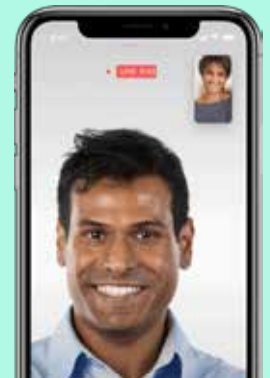
UPCOMING EVENTS



Visit www.workout.lk EVENTS page for updates and to find many more ways to inspire yourself and get active in Colombo!

oDoc is the easiest way to video consult a dietician or physiotherapist.

Download the app and try a free video consultation in minutes.



Good for People. Good for the Planet.

Workout.lk is a part of the Good Market vendor community - a curated community of social enterprises and responsible businesses that are good for people and good for the planet.

If you loved reading this magazine, share it with as many readers as you can, or recycle or compost after reading to help reduce environmental pollution. Though paper in any form is 100% biodegradable, in order to reduce the cutting down of trees to manufacture them, you should find ways to recycle and reuse it. The best way to reuse magazines is to avoid disposing of them. This means that the valuable information contained in these pages can be passed on by donating to a library or an individual for recreational reading.

You can also forward the digital version of this magazine to your friends or colleagues by logging on to www.workout.lk.



GYMS IN COLOMBO

NAME	ADDRESS	PHONE
Body Bar	3, Jawatte Avenue, Colombo 04	077 301 7032
Body by Kris	4th Floor, 135 Dutugemunu Street, Kohuwala	011 282 5749
Body Doc Fitness & Wellness Pavillion	589, Athurugiriya Road, Malabe	077 077 4184
Cinnamon Grand Recreation	Cinnamon Grand, 77, Galle Road, Colombo	011 243 7437
Colombo Swimming Club	148, "Storm Lodge", Galle Road, Colombo 03	011 242 1645
Fitness First Maitland Crescent	42 1/1, Maitland Crescent, Colombo 07	011 269 5331
Fitness First - World Trade Center	Low Block 07, World Trade Center, Colombo	011 233 8842
Genesis Fitness Center & Gym	288, Galle Road, Mount Lavinia	077 342 4563
Get U Fit GYM	195, 1/2 Galle Road, Colombo 04	011 308 5353
High Octane Fitness	42, Dutugemunu Street, Kohuwela	011 285 2317
Hilton Colombo Sports Club	Hilton, 2, Sir C. A. Gardiner Mawatha Colombo	011 249 2492
Hype Fitness	51, Gregory's Road, Colombo 07	077 498 8135
Lifestyle Gym	45, Sir Marcus Fernando Mawatha, Colombo 07	011 472 3300
Marine Fitness	465, Ganahena, Sri Jayewardanepura Kotte	011 205 8499
Marine Fitness 365	46, Station Road, Mount Lavinia	011 722 1366
Ministry of Defense Fitness Kiosk	Independence Avenue, Colombo 07	011 243 0860
OSMO Fitness	69, Rathnayaka Mawatha, Thalangama South, Pelawatta	071 670 0844
PRAN Fitness	550/2, Old Kottawa Rd, Udahamulla, Nugegoda	077 730 9961
Pulse and Beat	185/10, Havelock Road Colombo 05	011 451 7768
Revival VIP Fitness	96/4, Rosemead Place, Colombo 07	011 269 5402
Royal College Sports Complex	100/10, Sri Lanka Foundation Mawatha, Colombo 07	011 471 9744
Sanhinda Leisure Centre	247/6, Stanley Thilakaratne Mawatha, Nugegoda	011 276 8166
Singhalese Sports Club (SSC)	35 Maitland Place, Colombo 07	011 269 5362
The Fitness Connection	3rd Floor, KFC Building, Racecourse Promenade, Colombo 07	077 132 9119
The Kiss Fitness	Excel World, T.B Jayah Mawatha, Colombo 10	077 848 0816
Total Fitness Bay	149, Havelock Road, Colombo 05	077 344 2389
Vaaj Fitness Centre	168/3D Sri Jayasundara Mawatha, Nawala Road, Nawala	077 344 2389
Waters Edge Gym	316, Ethul Kotte Road, Battaramulla	077 725 1775
Zimantra Leisure Center	465, Ganahena, Sri Jayewardanepura Kotte	011 335 5666

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