



ANATOMY

CULTURE IS EVERYTHING

WHO WE ARE

A collaboration among fitness, sports science and nightlife veterans that embodies the future of fitness. We have developed enriching programming influenced by sports performance and the science of strength conditioning so members can excel in all aspects of their lives.

We foster intimate health and wellness communities where friends and families can sweat, enhance and recover, all under one roof.

OUR PHILOSOPHY

01 SWEAT

From hand curated, state of the art equipment, to most innovative and comprehensive group fitness classes you'll find it all at Anatomy.

02 ENHANCE

We are dedicated to helping you become the best version of yourself. Access our uniquely qualified personal trainers for one on one sessions.

03 RECOVER

Recovery is essential. Our Wellness Sanctuaries incorporate contrast therapy, infrared saunas, eucalyptus steam rooms and IV therapies.

PERSONAL TRAINING

Our Body Architects combine proprietary Anatomy education, global certifications, and hands-on experience to support everyone—from beginners to post-op clients and athletes at all levels.

SOLO

50 min \$225 | 80 \$300

DUO

50 min \$330 | 80 min \$450

PILATES REFORMER

SOLO

50 min \$275 | 80 min \$350

DUO

50 min \$410 | 80 min \$525

YOGA

SOLO

50 min \$225 | 80 \$300

DUO

50 min \$330 | 80 min \$450

BOXING

SOLO

50 min \$225 | 80 \$300

DUO

50 min \$330 | 80 min \$450

MEDITATION & SOUND BATH

SOLO

50 min \$225 | 80 \$300

DUO

50 min \$330 | 80 min \$450

1 RESET

SOLO

50 min \$275 | 80 \$350

DUO

50 min \$410 | 80 min \$525

ASSESSMENTS

INBODY COMPOSITION & ANALYSIS

Good health begins within — InBody leverages class-leading BIA technology to deliver non-invasive, accurate, and precise body composition scans tailored to each unique person.

25 min \$75

VO2 MAX

Measures metabolic rate to drive customized exercise programs designed for your individual body.

50 min \$300

PEAK PERFORMANCE & PHYSIOLOGY PROTOCOL

Achieve peak wellness with curated and data-driven experiences combining VO2 max testing, InBody analysis, and personalized training. Gain insights into your fitness and physiology through a custom plan.

80 min \$600

CALL EXT. 1271. OR
EMAIL ANATOMY.HANALEI@1HOTELS.COM

Private group offerings are available for 3+ guests

TRAIN WITH US