



DXB WELLNESS GROUP

END-TO-END RESIDENTIAL FITNESS FACILITY MANAGEMENT

Operations | Staffing | Health & Safety | Fitness | Wellness | Resident Engagement

A specialist operating partner for residential fitness facilities across Dubai.

YOUR FITNESS FACILITY. PROFESSIONALLY MANAGED.

DXB Wellness Group supports property managers, owners and residential operators with the day-to-day management of fitness and wellness facilities. Our goal is simple: maintain safe, well-run facilities while creating a stronger experience for residents.

FULL FACILITY MANAGEMENT	Our flagship solution: operational oversight of the residential gym and associated fitness services under an agreed management contract.
STAFFING SOLUTIONS	Fitness staff, supervisors, trainers, rota planning and cover structured around the requirements of the facility.
HEALTH & SAFETY	Operational checks, risk-management processes, incident procedures and documented standards appropriate to the scope of service and local requirements.
FITNESS & WELLNESS	Personal training, classes, inductions, resident challenges, wellness activations and engagement programmes.

FULL FACILITY MANAGEMENT

For developments seeking an outsourced operating partner, DXB Wellness Group can build a management solution around the facility, resident profile and service requirements.

01	Daily Operations Opening/closing processes, facility checks, service standards, issue escalation and operational coordination.
02	Team Management Staffing structure, rota management, attendance, service expectations, cover and day-to-day team oversight.
03	Health & Safety Risk-management processes, operational checklists, incident reporting, emergency procedures and compliance support within the agreed remit.
04	Resident Experience Professional front-line service, inductions, feedback collection, engagement initiatives and consistent facility standards.
05	Fitness Delivery PT, group exercise, fitness assessments, challenges, programmes and community wellness activations.
06	Reporting Regular management reporting covering operations, participation, incidents, staffing and agreed performance indicators.

A FLEXIBLE OPERATING MODEL

Not every development needs the same level of support. We can enter through a focused service and build toward full facility management as the relationship and resident demand develop.

01 FULL MANAGEMENT	End-to-end management of the fitness facility under an ongoing service agreement.
02 OPERATIONS + STAFFING	Management oversight, staffing, rotas, cover and operational support without taking on the complete facility scope.
03 PROGRAMMING	PT, classes, challenges, inductions, assessments and wellness events for developments that retain their own facility operations.
04 PILOT	A low-commitment starting point to demonstrate resident engagement and service quality before discussing a wider contract.

THE LONG-TERM OBJECTIVE

Where there is a strong fit, our preferred partnership is an ongoing management contract in which DXB Wellness Group becomes the dedicated fitness and wellness operating partner for the development.

FOUNDER EXPERIENCE

DXB Wellness Group is founded on hands-on experience within London residential fitness sector.

The founder has worked in and managed residential fitness facilities across London, alongside delivering personal training within a range of residential developments.

This experience includes day-to-day facility operations, health & safety management, staffing and rota coordination, resident services, fitness programming, incident management, and direct liaison with estate and property management teams.

RESIDENTIAL FACILITY MANAGEMENT	Hands-on management experience within residential gym and wellness environments in London.
HEALTH & SAFETY	Experience managing operational safety processes, risk assessments, incident reporting and facility procedures.
ESTATE & PROPERTY LIAISON	Direct experience working with estate and property management teams to coordinate operations, resolve issues and maintain service standards.
FITNESS DELIVERY	Personal training experience across multiple residential facilities, providing first-hand understanding of resident expectations and gym usage.
STAFF & OPERATIONS	Experience coordinating staffing, rotas, day-to-day operations and the delivery of a consistent resident-facing service.

This operational background sits at the core of DXB Wellness Group - combining professional facility management with fitness expertise and an understanding of the residential environment.

WHY THIS MATTERS TO PROPERTY MANAGEMENT

One accountable operating partner can simplify staffing, maintain standards, support safer operations and create a more consistent resident experience - while giving the property team clearer oversight of the fitness offering.

ONE OPERATING PARTNER	A clear point of accountability for fitness facility operations and service delivery.
CONSISTENT STANDARDS	Structured processes, staffing expectations and regular operational oversight.
RESIDENT EXPERIENCE	A facility that is not only maintained, but actively supported and programmed for residents.
MANAGEMENT VISIBILITY	Agreed reporting and communication to keep property teams informed of operations, participation and issues.

START WITH A CONVERSATION

We are looking to partner with selected Dubai residential developments where we can improve the operation, staffing and resident experience of the fitness facility.

1. DISCOVERY	Understand the property, current operating model, staffing, facility and resident needs.
2. FACILITY REVIEW	Identify operational gaps, engagement opportunities and the most appropriate service scope.
3. PROPOSAL	Provide a tailored operating proposal, from a pilot or staffing solution through to full facility management.

DXB WELLNESS GROUP Residential Fitness & Wellness Solutions

Dubai, UAE

Instagram: @dxbwellnessgroup