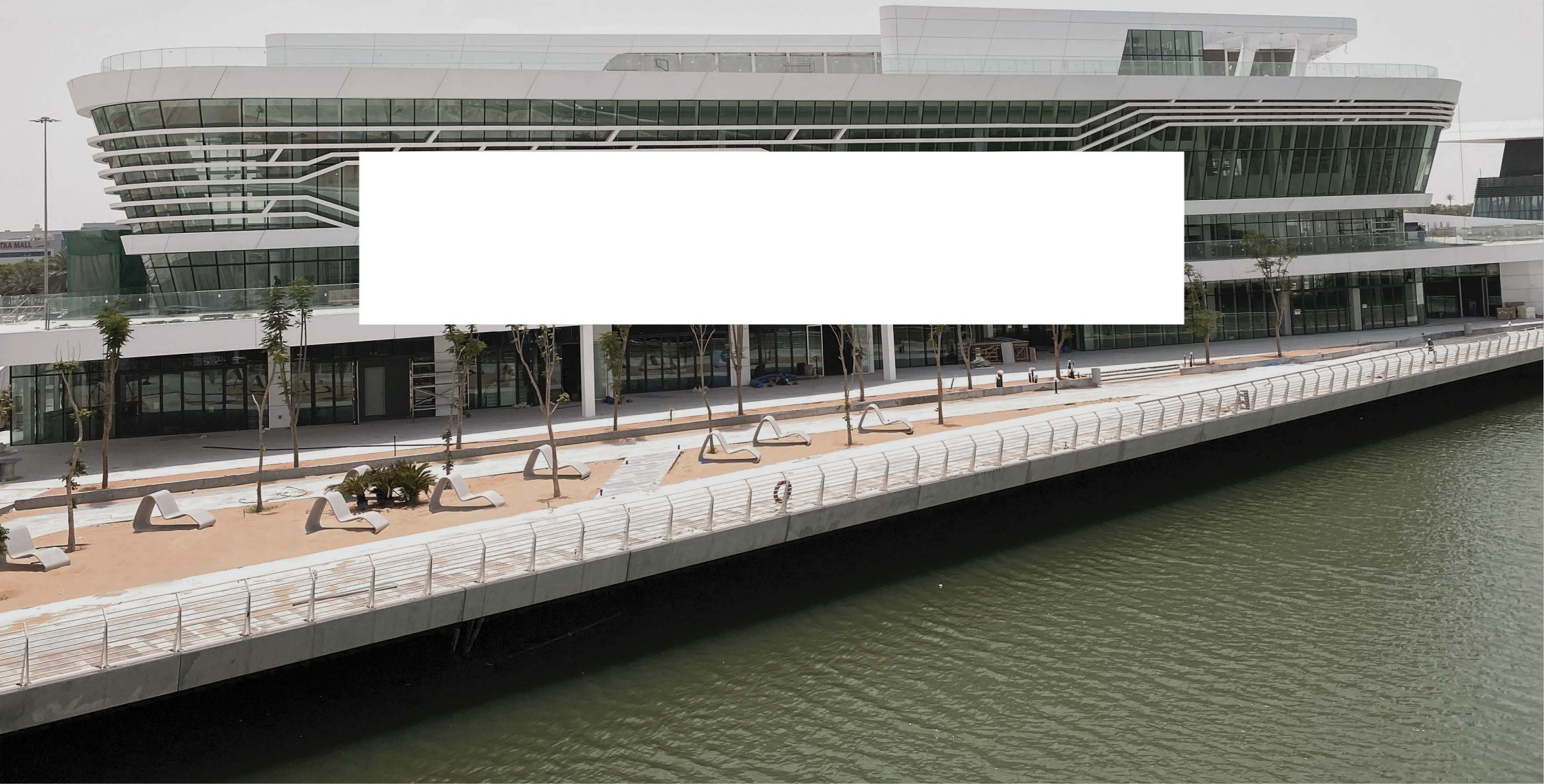




THE BRIDGE

(LIFESTYLE HUB)





GENERAL DESCRIPTION



THE FIRST LOCATION OF THE BRIDGE | LIFESTYLE HUB IS PART OF THE NEWEST AND MOST PROGRESSIVE LANDMARK DEVELOPMENT IN ABU DHABI - AL QANA.

IT IS 1.5 KM ON BOTH BANKS OF THE CANAL TOTALING 3KM OF THEMED DESTINATIONS INCLUDING:

1/6



LARGEST STAND ALONE CINEMA IN THE UAE

2/6



THE NATIONAL AQUARIUM

3/6



A NEW E-GAMING CENTER



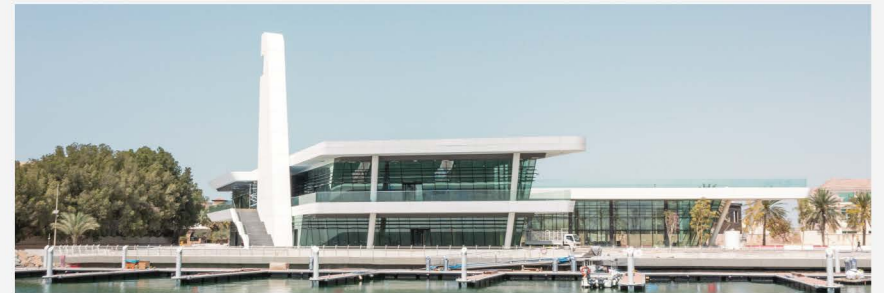
AL QANA IS AN ARCHITECTURAL MARVEL WITH MANY OUTDOOR ACTIVITIES AND AN ANNUAL EVENTS CALENDAR. THE DEVELOPMENT IS VERY CENTRAL AND ACCESSIBLE, WITH OVER **3000 PARKING STALLS**, INCLUDING VALET SERVICES.

4/6



A HUGE F&B OFFERING

5/6



A MARINA YACHT CLUB

6/6



COMMUNITY CONVENIENCE SERVICES



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THE BRIDGE IS A NEW HOLISTIC LIFESTYLE

Wellness is not something one attends to 3 or 4 times a week. It is a continuous cognizant approach and a total shift in mindset with a new set of filters.

The Bridge is a holistic approach, it is wellness as a Lifestyle. We are bridging several foundational aspects of wellness into a new Lifestyle Paradigm.

The project is ambitious and is designed to expand into the region as well as globally. It includes an App that begins to serve individual journeys and ultimately become a platform for a larger global community vying for wellness.

The first location in the Middle East is in Abu Dhabi and will have facilities over 8500 square meters and over 200 reputable staff.

The Bridge services include **7 distinct, yet interlinked, service tracks** that make up the program offerings with a rich variety of engagements. The approach is kind and meant for the mid to long-term continuous benefit of the member.



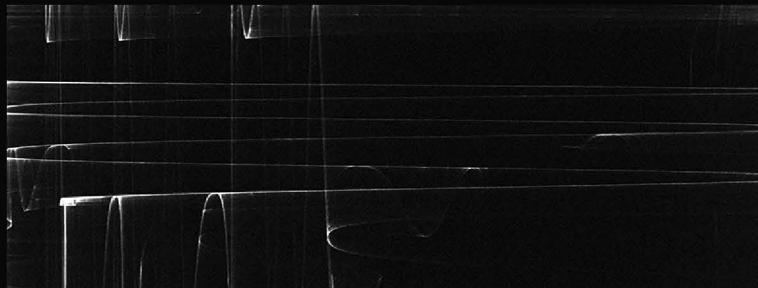
1/7 MOVE



MOVE is all about cardio and strength training while looking at the physical body as a functionally dynamic entity.

It offers one of the largest state-of-the-art equipment selected for Olympic athletes as well as inspiring spaces for friendly gentle workouts, including a semi-Olympic indoor walking and running track overlooking the canal. We are offering over nearly 70 different formats of exercise classes and a unique approach to Personal Training. One set of equipment is the first to be brought to the region and is designed as a collaboration between NASA and Technogym to offer a customized full body exercise within 30-20 minutes.

2/7 PAUSE



PAUSE is our direct attack on the number one killer in the world, which is stress.

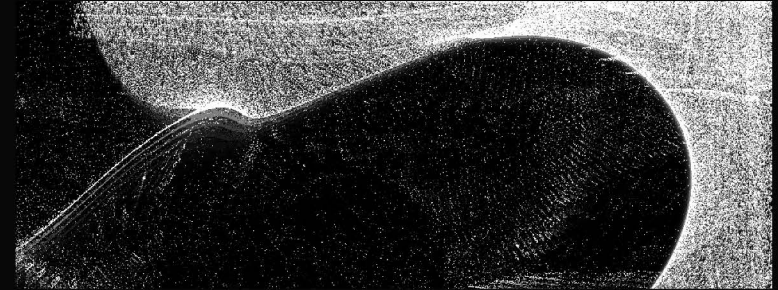
In **PAUSE** we offer treatments and classes that deal with the parasympathetic system of the body, conditioning members to release healing and recovery hormones. It also includes a full-fledged Spa with infra red saunas, regular saunas, steam rooms, hammams, hydroxy chamber therapy, cryo therapy, yoga, meditation, mindful breathing and much more.



3/7 TASTE

TASTE is our unique culinary food offering.

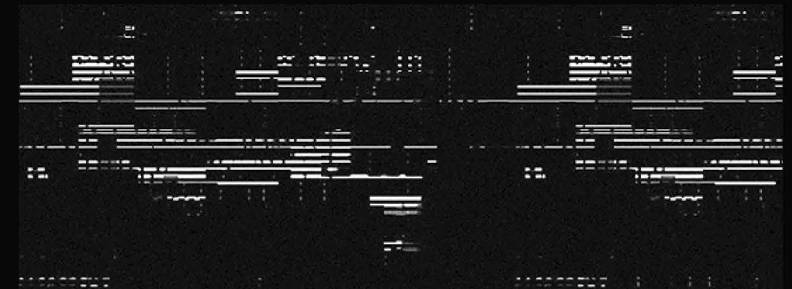
It is about the love and joy of food and its goodness in an enchanted space. It offers all organic clean ingredients supporting a very large menu designed by progressive creative chefs. We have a main restaurant, an anti-juice bar and roof top garden restaurant. With TASTE we also have professional nutritionists and meal plans for supporting a variety of individual transformations. The menus support the spirit of sharing, seated full meals and also the convenience of wholesome grab-and-go meals.



4/7 CHOOSE

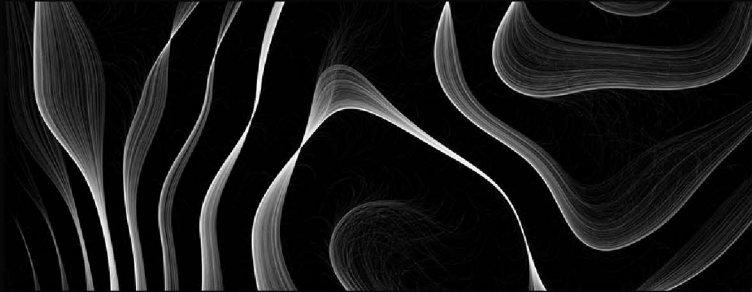
CHOOSE is our designer concept retail store.

It offers clean, conscious and sustainable products. It offers body care as well as organic food supplements, in addition to athleisure wear and lifestyle home accessories. The offerings are meant to make everyone's environment kinder, more comfortable and uncluttered. CHOOSE will also be launched as an e-commerce site.





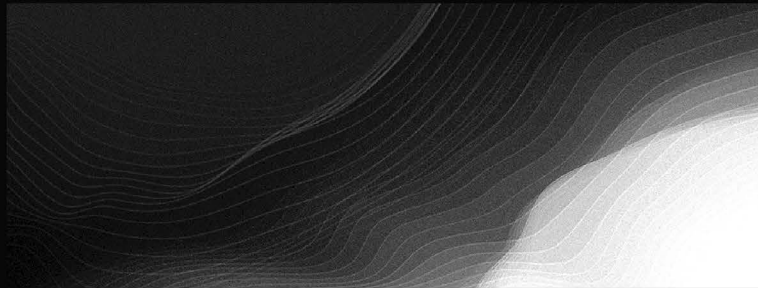
5/7 SEEK



SEEK is our reconnection to the healing power of nature.

It is about reconnecting with the sun, with fresh air, with forests, oceans and the ground itself. Our bodies absorb goodness from nature and **SEEK** offers outdoor programs in intuitive settings, including monthly travels to profound and impactful natural sites.

6/7 EXPAND



EXPAND is uplifting members to live an elevated quality life.

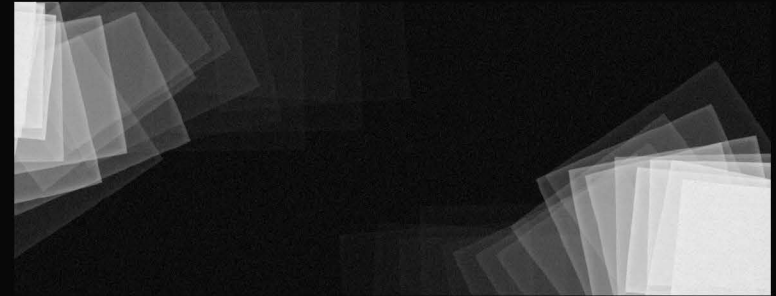
It leans on culture for emotional and intellectual growth and allow members to live in rich moments. **EXPAND** is about art, digital art, music, film, books and social events and gatherings. It is a colorful program that is all about inspiring.



7/7 LEARN

LEARN is the science behind all the mentioned tracks but also offers knowledge in order to continue the wellness journey outside of The Bridge.

It is also about the quality of the mattress you sleep on, the water you drink, the air you breathe and much more. LEARN is where you shift with conviction based on proper scientific research.



THE TRACKS ARE A SYNERGETIC FABRIC THAT WILL TRANSFORM PEOPLE IN A MEANINGFUL, KIND AND INSPIRATIONAL WAY, A SELF-CARE JOURNEY AND CELEBRATION OF ACHIEVEMENT WITH EVERY SMALL STEP.



THE BRIDGE

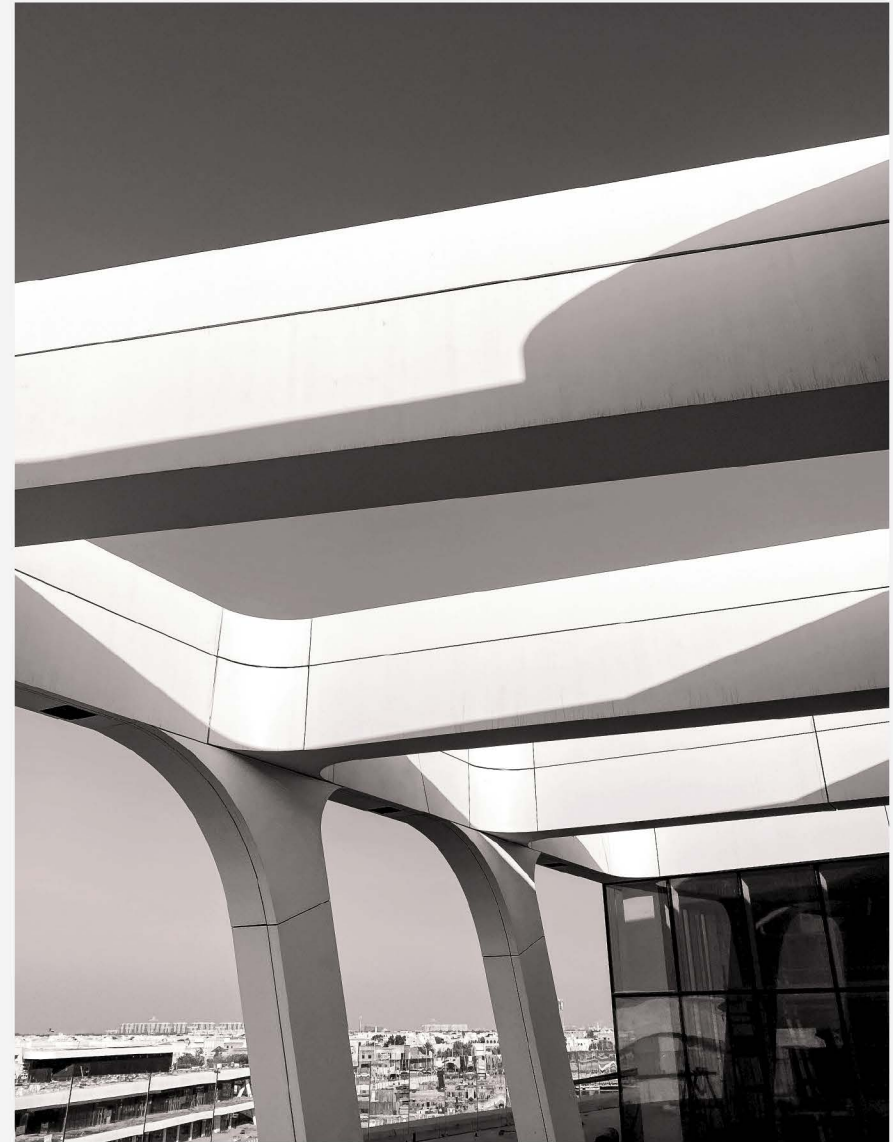
(LIFESTYLE HUB)





AT THE BRIDGE WE KNOW OUR SUCCESS WILL ONLY BE ACHIEVED BY THE CAPABILITY OF OUR ASSOCIATES. WE ARE AS GOOD AS OUR WEAKEST LINK; THEREFORE OUR CULTURE IS ABOUT LIFTING ONE ANOTHER AT WORK.

IT IS ABOUT CAMARADERIE, KINDNESS AND EMPATHY. WE WANT TO BREATHE THE PILLARS OF DIVERSITY AND GENDER EQUALITY.





OUR ASSOCIATES WILL BE TREATED AS OUR CLIENT MEMBERS SO WE CAN ECHO THE SAME CULTURE THROUGHOUT THE BRIDGE ENVIRONMENT AND FEED THE SAME VALUES.

ALL OUR ASSOCIATES WILL HAVE ACCESS TO THE FACILITIES AT THE BRIDGE TO SUPPORT THEIR OWN PERSONAL JOURNEY TOWARDS WELLNESS, AS WELL AND BE A TRUE AGENT OF TRANSFORMATION IN THE LARGER COMMUNITY.





WE ARE LOOKING FOR CREATIVE INDIVIDUALS WHO HOLD THE SAME VALUES TOWARDS A BETTER APPROACH TO WELLNESS. WE ARE LOOKING FOR PASSIONATE COMMITMENT TO A TRULY GENUINE TRANSFORMATIONAL BRAND, AND ONE THAT WILL GROW WITH ITS ASSOCIATES AS A VALUABLE COMPASSIONATE FAMILY. WE SAY AT THE BRIDGE THAT WE ARE **“HUMANIZING WELLNESS.”**



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@THEBRIDGEHUB.COM



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