

AMWAJ islander

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Letter from the Editor

Dear Islanders,

Happy New Year!

As we look forward to what 2022 has in store for us, we decided to kick it off the way most new years start, by focusing on our health and fitness! We were lucky enough to chat with Bahrain Boot Camp organizer Nicola Osborn, who gave us the motivation we need to start 2022 the right way. Find out how you can too, by turning to page 2.

The ART Hotel & Resort, Ramada Hotel and Suites and The Gulf Suites Hotel all had massive celebrations last month to welcome the festive season and say goodbye to 2021. This month, they have some more amazing offers you can avail, turn

to page 3 for more details.

On a final note, we would like to remind our dear residents to follow the AIA Instagram page - @amwajassociation and the Amwaj Islands Instagram @amwaj_islands for up-to-date information as it becomes available.

Wishing you and your loved ones a great year ahead.

Sincerely,

The Amwaj Team

WANT TO BE FEATURED IN
OUR MEET YOUR
NEIGHBORS
SECTION?



EMAIL
NEWSLETTER@AMWAJ.BH

Follow us on social media
for up-to-date news, updates
and special offers around
the Islands.



@Amwaj Islands



@Amwaj_Islands



@AmwajIslands



@Amwajassociation



Bahrain Boot Camps

Bahrain Boot Camps offer a variety of fitness sessions, suitable for those looking to keep fit without the constraints of a gym membership and schedules. Sessions include boxing, HIIT training, kids bootcamp, yoga and Pilates and is the brain child of fitness enthusiast Nicola Osborn.

Having lived in Bahrain for over 30 years, Niki has gone from single to married to becoming a mother, which gave her an appreciation for people going through different life situations and leading a healthy lifestyle throughout.

"As a consumer of the fitness industry here in Bahrain, I found there were many gym facilities available, but each came with membership fees and schedules



I could not avail," says Niki. After years of getting frustrated with this, Niki had the idea of organizing freelance sessions with all the best trainers she knew and had worked with to run classes at facilities both indoor and outdoor in various locations all over Bahrain.

"I spoke with friends and told them the plan, they were all excited at the prospect of outdoor training with the benefit of schedule and location flexibility," says Niki, "we get to work out in a natural environment - and get our Vitamin D!"

As Bahrain Boot Camps gained more popularity with both trainers and customers, Niki decided it was time to take it further. She invested in equipment and set up a more regular schedule in popular areas such as Amwaj, Saar, Adliya, Riffa and Awali.

"We don't constrict our attendees to a rigid membership as we mostly offer 'pay as you go' classes, our only condition is that you are over 16 years of age and that any person with health issues and/or fitness injuries are cleared to train by a professional before they join Bahrain Boot Camps," says Niki, "this means you can check our social media pages and see where each class is and send a DM or WhatsApp and book even at the last minute!"

Niki believes her ethos to provide quality training with fitness professionals and create fitness communities around the island is what keeps the boot camps going



and growing, with over 400 members - each class has an (optional to join) WhatsApp group where all information and updates are shared. Bootcamp sessions currently being offered are Strength & Conditioning, Zumba, Yoga, Circuits, HIIT and Boxing. Kids bootcamps can be booked for private groups, as well as one-to-one personal training sessions, small private groups and any other bookings that are suitable to your schedule. Previously, corporate packages for training were also offered as part of the organizations' employee wellness program, which had been huge successes, as well as annually striving to become involved in various charity sporting events whenever possible.

Looking forward to 2022, Niki hopes to increase the number of locations available, but still maintaining emphasis on peoples' health and wellness, both physically and mentally.

"We have over 15 nationalities that I can think of - people wanting to lose weight and gain fitness - everyone has a different reason for being there and everyone is welcome," she said, "anyone interested is able to get in touch with me directly anytime to ask questions or book a session, you will be sent the location pin for the area of interest, payments are made through BenefitPay to confirm the booking, it's that simple!"

Niki hopes to grow the Amwaj fitness community by offering more sessions. Currently you can choose to attend Fridays 9-10am, Saturdays 9-10am, Tuesdays 7.15-8.15pm and Wednesdays 9-10am.



To find out more, check out their

Instagram and Facebook on

@bahrainbootcamps, or Whatsapp Niki directly on 39833084.

January 2022

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THE ART ANNIVERSARY BRUNCH. Ease into the New Year with a relaxing New Year's Brunch for the perfect start to 2022. Enjoy our delicious New Year's family style set menu served at Choices Restaurant & Terrace with live music entertainment to celebrate the day, 12.30-4pm. Pricing BD25 net per person, BD33 net inclusive of selected beverages. **For bookings & more information, please contact +973 16000111.**

Everyday

NEW YEAR, NEW YOU AT GSH. Trying to get in shape as part of your New Year's resolution? Sign up for a three-month membership at Gulf Suites Hotel, anytime during January, to get the first month free plus personal training. **Call +973 16030001 to avail offer and for more details.**

*Thursdays
& Fridays*

UNLIMITED BBQ WEEKENDS AT YA HALA ROOFTOP LOUNGE. Savor all things barbequed and grilled to perfection including a wide variety of meat, seafood, chicken and vegetables, in addition to side dishes and desserts while enjoying relaxing sea views, 7.30-11pm. BD 14 net per person including unlimited BBQ & soft drinks, BD 24 net per person including unlimited BBQ & selected beverages. **Book your table now, call us on: +973 13600111 or email: fnb@ramada-manama-amwaj.com**

*Saturdays
to Tuesdays*

SUNDOWNER PARTY AT YA HALA ROOFTOP LOUNGE. Grab your friends and let the music take over as we serve you some refreshing cocktails and delicious food, and relax as the sun goes down, 5-11pm. Happy hour from 5-8pm. **Book your table now, call us on: +973 13600111 or email: fnb@ramada-manama-amwaj.com**



COVID-19 (Coronavirus) Safety Precautions

For the safety of you and your loved ones, please try to practice self-quarantine whenever possible. Should you have any questions, or if you suspect you have symptoms of Coronavirus, please call 444.

The Kingdom of Bahrain have launched the 'Be Aware' app, which aims to

support efforts to contain the Coronavirus (COVID-19) by advancing contact tracing efforts, and raising awareness of active cases within the Kingdom, and maintain accurate figures provided by the Ministry of Health. Please download the app, free of charge, for both iOS and Android from apps.bahrain.bh

AMWAJ NOTICE BOARD

The Amwaj Security and Maintenance team are responsible for the below. For leaks or blockage in a common area, contact Kamel on 3666 6007. Beach and road cleaning, damage on roads or pavements, fallen signboards or flags and garbage bins request, contact Niaz on 3315 6871. For construction site issues contact Roger on 3909 4842. For workers' gate pass, contact

Mohammed on 3943 4809. For pest control issues contact Pest Control on 1781 1233. Traffic accidents can be reported to police on 199, medical emergency, ambulance or fire can be directed to 999, with the assistance of the Amwaj Security team.

SAFETY & SECURITY



Security Solutions W.L.L. company are responsible for all safety and security around the islands. Security Solutions have developed a respectable reputation in the field of security, and the management looks forward to the improvement of security of the common areas around the islands.

**Telephone / Whatsapp:
77996666**



IMPORTANT HOMEOWNERS ANNOUNCEMENT

We are currently in the process of updating our homeowners database. Please send us your email and mobile number where you are most easily reachable so we can ensure you receive all information and updates.

Email us on homeowners@amwaj.bh



KEY

-  Waterside residential
-  Inland residential
-  Residential & Commercial
-  Hotel
-  Commercial
-  Educational
-  Amwaj Marina


Amwaj Islands
 Central Owners Association


 AMWAJ ISLANDS

Directory



Amwaj Islands' Security
Working Hours: 24 hrs
Tel/Whatsapp: 77 99 6666

Amwaj Islands Main Office
Working hours: 8am – 5pm,
Sunday - Thursday
Location: Meritas House
T 16 033 100
E info@amwaj.bh
W www.amwaj.bh

Tala Island Security
T 16 060 033

Nuetel Communications
Working Hours: 8am – 5pm,
Sunday - Thursday, 8am - 2pm on
Saturdays
T 16 033 000

International School of Choueifat
T 16 033 333

Amwaj Marina
T 16 011 160

Bahrain International Airport
T 17 339 339

Amwaj Hotels

ART Rotana
T 16 000 111

Gulf Suites Hotel
T 16 030 001

**Ramada Hotel and Suites by
Wyndham Amwaj Islands**
T 13 600 111

The Dragon Beach Hotel & Resort
T 16 031 111

The Grove Hotel
T 16 030 303

The Grove Resort
T 16 000 022

The Sea Loft Boutique Chalets
T 16 033 833

Amwaj Outlets

**Alforsa Real Estate, Reef Tower,
Amwaj Waves**
T 38 821 400

Al Osra Supermarket
T 16 033 773
Working Hours
Everyday 7am - 11pm

Balance Fitness & Dance Studio
M 34 688 880

Bavaria Motors
T 16 010 737

Bennigan's
T 16 030 104 / 05

Black & White Laundry
T 17 532 268
M 36 308 889

Carlton Real Estate, Zawia 3
T 16 006 000

Life Element Inc. Psychology Clinic
T 16 030 527

Guinness Smokehouse and Lounge
M 33 180 001

Jet Pet Global
Pet Relocation & Transport
M 37 106 986

Lantern's Restaurant
T 77 770 055

La Blanche Salon, Amwaj Waves
T 16 006 060

**Maya Beach Resort & Fitness,
Meena 7**
T 16 030 070
Working Hours: 6.30am - 10pm
Saturday - Thursday, 8am - 10pm
on Fridays

My Cuddle Buddy
Pet sitting & Dog Walking
M 36 464 586

Park & Shop Supermarket, Zawia 2
T 77 115 121

Pet Arabia
T 16 010 501

ScubaLife
T 17 003 636
M 66 753 636

Sea Star Marine
T 16 034 487
M 37775711

Smart Boating Center
T 17 003 838

Solyar Beach
T 17 221 166
M 35 094 777

Speed Rent a Car
T 16 010 131

Universal Music
T 16 010 491

Yara Beauty Lounge, Zawia 1
T 16 010 999

24-Hours Supermarket, NOC
T 16 034 498

Emergency Numbers

Emergency line
T 999

Al Hidd Police Station
T 17 671 212

Samaheej Police Station
T 17 334 401

Coast Guard
T 17 700 000

Traffic Police
T 199

Nearest Hospitals to Amwaj

**American Mission Hospital, Amwaj
Medical & Wellness Center**
T 17 248 100

Bahrain Specialist Hospital
T 17 812 000

Al Hilal Hospital
T 17 344 199

King Hamad Hospital
T 17 351 450

Closest Pet Services to Amwaj

Dr Mohammed Hussain
T 17 292 125

**Fur and Feathers Pet Sitting,
Transfer and Relocation**
M 36 464 586
E contact@jetpetglobal.com

House Veterinary Center
T 17 200 075
M 33 994 709
(Emergency) 33 094 999

Pet Land
T 13 107 474
M 33 311 122

Closest Pharmacies to Amwaj

Al Quds Pharmacy
T 17 470 080

Ibn Sina Pharmacy
T 17 677 207

Nasser Pharmacy
T 16 010 505

Taxi Services

Arabian Taxi
T 17 461 746

Bahrain Limo
T 17 266 266

Bahrain Taxi
T 17 682 999

Travel Services

**Aradous Travel and
Tour**
T 17 234 417

Customised Services
M 38 816 065
[stefan@
customisedservicespc.
com](mailto:stefan@customisedservicespc.com)

Car Washing Services

Ecowash
T 17 490 565

MASY
T 17 822 404

Closest Removal & Storage to Amwaj

Takhzeen Self Storage
M 69 990 999
M 39 767 977

IT Home Services

TechnoServ
M 39 609 876

Cargo Services

Baz Cargo Services
T 17 771 132

**Gulf Agency Co. Bahrain W.L.L.
(CAC)**
T 17 339 777

Closest Post Office to Amwaj

Al Hidd Post Office
T 17 673 157
Working Hours: 7am - 2pm
Saturday to Thursday

Shopping Malls

Aali Mall
T 17 581 000

Bahrain City Center
T 17 179 779

Moda Mall
T 17 533 140

Seef Mall Muharraq
T 77 911 116

The Avenues Bahrain
T 17 151 060

HOMEX

Need home maintenance?



Scan me

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