

Press Release

Virtual Classes to Support “Stay at Home” Efforts in the UAE

Abu Dhabi, 13 April 2020 – Estate Management company Provis has brought its sporting and lifestyle experience to the UAE community virtually in support of government directives urging people to stay at home and stay safe. Anyone with an internet connection can take part in a series of Facebook Live classes that focus on fitness, wellness and spirituality. That includes meditation, Yoga, Zumba, Pilates, cardio, bodyweight exercises, strength training, ballet and many more. The classes are available at no charge and are live streamed on <https://www.facebook.com/provis.estatemanagement/>

Dana Awad, Executive Director at Provis, said, “Provis manages numerous gyms, clubhouses and lifestyle facilities across the communities it manages in the UAE that have been temporarily halted as part of the government’s efforts to cope with the current circumstances. With regulations today dictating social distancing and urging people to stay at home and stay safe, we believe that the expert trainers and instructors can help people across the UAE remain entertained while at home, stay in shape and take part in health-friendly activities that are fun for the whole family.”

On a daily basis until the end of April, the UAE community can view different live classes available for the day. Recordings will also be accessible on Provis’s Facebook page.

Provis is also hosting a series of fun and entertaining competitions for families and individuals to partake in virtually on its social media pages that focus on various activities including, recycling, cake decorating and others.

To learn more and join the live session, please visit:

<https://www.facebook.com/provis.estatemanagement/>.

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About Provis:

Provis offers deep industry knowledge, technical expertise and a commitment to exceptional service with a dedicated team that works as one to deliver integrated solutions in the UAE and the wider region. From Sales & Leasing to Property Consultancy & Management, Owners' Association Consultancy & Management and Clubhouse & Lifestyle Management, Provis applies innovative solutions and cutting-edge technology to add tangible value for clients as well as their properties at every stage of the property lifecycle.

Provis currently manages over 13,500 units under property management, over 15,500 units under Owners' Association Management, and thousands of properties sold and leased.

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