Power Drome



In these health conscious times, more and more people are looking to get themselves in shape. The gym has accordingly become an important place in many people’s lives, fuelling greater and greater competition between the many gymnasiums and fitness centres to be found in the city of Colombo. Despite the competition created by this ‘gym culture’, Power Drome at the Trans Asia Hotel, is still confident that it has the edge over its rivals.

Power Drome has been one of the best known hotel gyms in the city since it opened in 1985. Situated in the opulent Trans Asia Hotel, it is only open to residents and members, though membership offers more than just the use of a few pieces of

exercise equipment.
The gym itself, which is open every day from 6am to 9pm, looks modern in its décor, and the number and variety of equipment and apparatus is comparable with any other fitness centre in the city. Unlike some of the other gyms, Power Drome is totally enclosed, meaning those who are less than confident about their physiques, don't have to worry about being watched by every passer by like some circus act, as is the case at some of the other gymnasiums.

There are currently 510 members, though the gym seldom feels crowded, with plenty of choice as to which piece of equipment to use. There are also fully qualified male and female assistants on call to help, whether you want assistance with a particular piece of equipment, or to be provided with a detailed fitness programme that you and your trainer can work through together. In this sense, the gym satisfies all types of fitness requirements; if you wish to work on your cardiovascular fitness with the range of exercise bikes, cross trainers or treadmills, or to work on your muscles using the weight lifting equipment, the gym and it's apparatus can accommodate you.
Members also have access to the three splendid clay tennis courts, along with the two squash courts. The Power Drome runs tournaments in tennis and squash in which members of the public are encouraged to compete. There are also a wide range of fitness based classes that members get for free, such as aerobics, yoga and Karate.

But membership of the Power Drome is as much about relaxation as keeping yourself fit, with members able to use the excellent sauna and steam room – the perfect way to wind down after a hard workout.
There is also free access to the Trans Asia's famed pool area, which is just a short walk from the gym and changing facilities. With the backdrop of Beira Lake, the pool is the largest to be found at any of Colombo's luxury hotels, and provides the perfect atmosphere of tranquility for either individuals or families to spend the weekend, soaking up the sun, or relaxing in the cool water. The pool area is also noted for it's excellent food, which includes regular themed buffet lunches. Members also receive discounts at some of the hotel's shops and highly regarded restaurants.

I asked Sharon Mascrenhas, Assistant Manager, Public Relations, what gave Powerdrome the edge over other city gyms?
"Well firstly we are situated within the Trans Asia, so naturally you have the

facilities of a luxury, five star hotel to use if you wish. And even within those similar luxury city hotels with gyms, we still feel we are the best. The equipment we have is of the highest order, and professional, qualified staff are there to make sure that safety is one of our main concerns. But it is the feeling that you get at the Power Drome, the feeling of the hotel as a whole that makes it special. Some big hotels are known for their sophisticated atmosphere, or for their corporate image. The Trans Asia has purposely developed a homely feel to the hotel, and it is this feeling of a home from home that carries through to the Power Drome."

It is worth noting that those who join also get automatic free admission for their spouses and children.

So why not give your body, and family, a treat, and join today? With first class service and facilities and an ethos of homely relaxation, the Power Drome is a gym that can be enjoyed by the whole family.