



# RISE

BY ATHILON

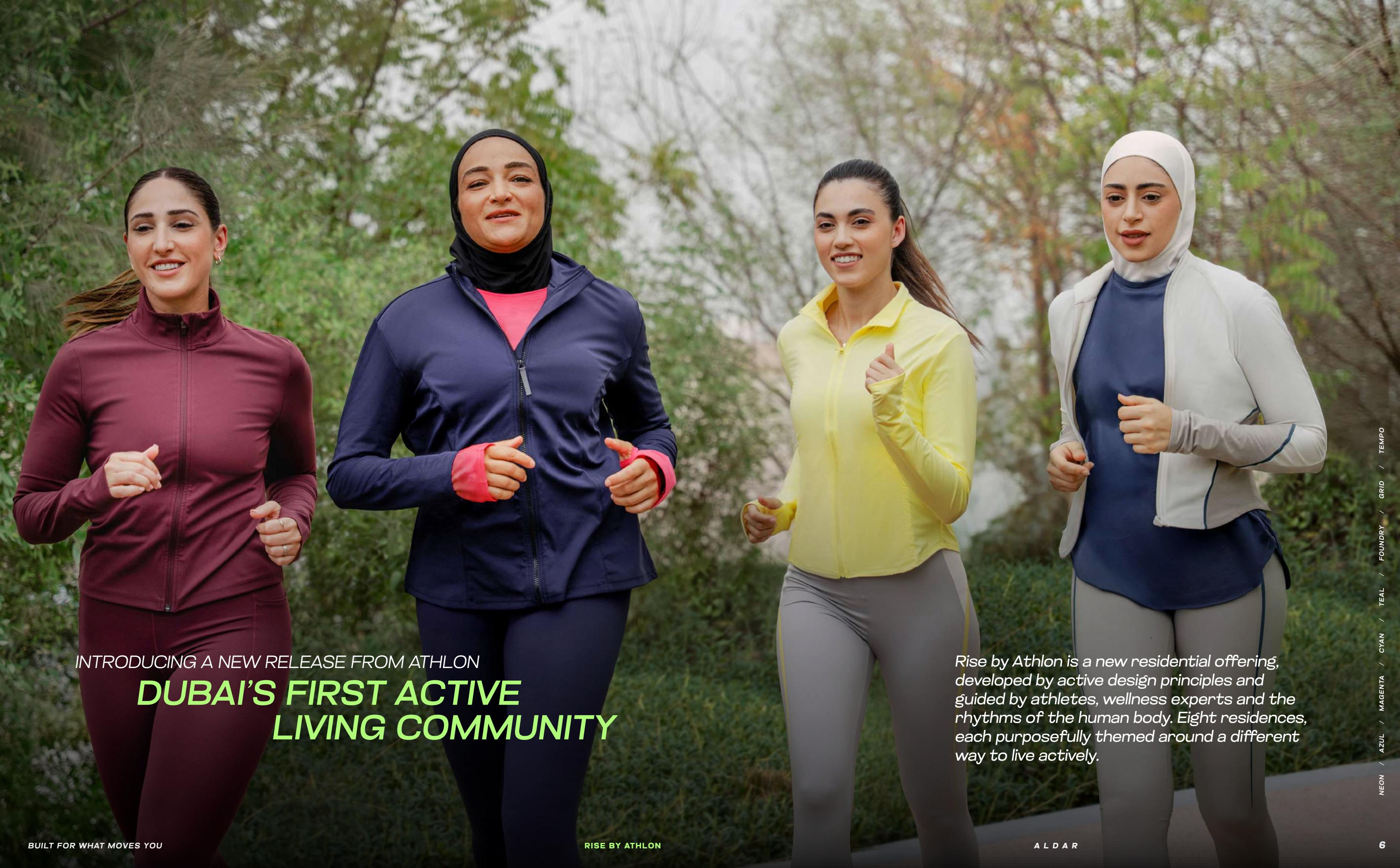






# *BUILT FOR WHAT* *MOVES YOU*





INTRODUCING A NEW RELEASE FROM ATHLON

**DUBAI'S FIRST ACTIVE  
LIVING COMMUNITY**

*Rise by Athlon is a new residential offering, developed by active design principles and guided by athletes, wellness experts and the rhythms of the human body. Eight residences, each purposefully themed around a different way to live actively.*





ALDAR  
ENGINEERING  
ACTIVE LIFESTYLES

As one of the most trusted and recognised real estate lifestyle developers in the UAE, we believe it's our responsibility to champion active living in every home. That's why we do more than build properties, we create communities designed to move, energise and inspire.





DUBAI

# ENERGY LIVES HERE

*Dubai is a vibrant city with a unique blend of modernity and tradition, home to well-travelled locals, expats and luxurious lifestyles. In recent years, the city has begun to embrace the importance of conscious, healthy living; ever searching for new ways to weave wellness into everyday life.*



# IN THE CENTRE OF NOW

Perfectly positioned in Dubailand, Athlon is only 25 minutes from Dubai International Airport and 30 minutes from Jumeirah Beach. Set within one of the largest green spaces in Dubai, the community is surrounded by nature.



ATHLON

NEON / AZUL / MAGENTA / CYAN / TEAL / FOUNDRY / GRID / TEMPO



# ATHLON

THE FIRST COMMUNITY IN DUBAI THAT  
MAKES MOVEMENT A NATURAL PART OF LIFE



4.6 KM

TRAIL-RUNNING LOOP

2.2 KM

FAMILY-FRIENDLY LOOP

3.7 KM

CYCLING LOOP

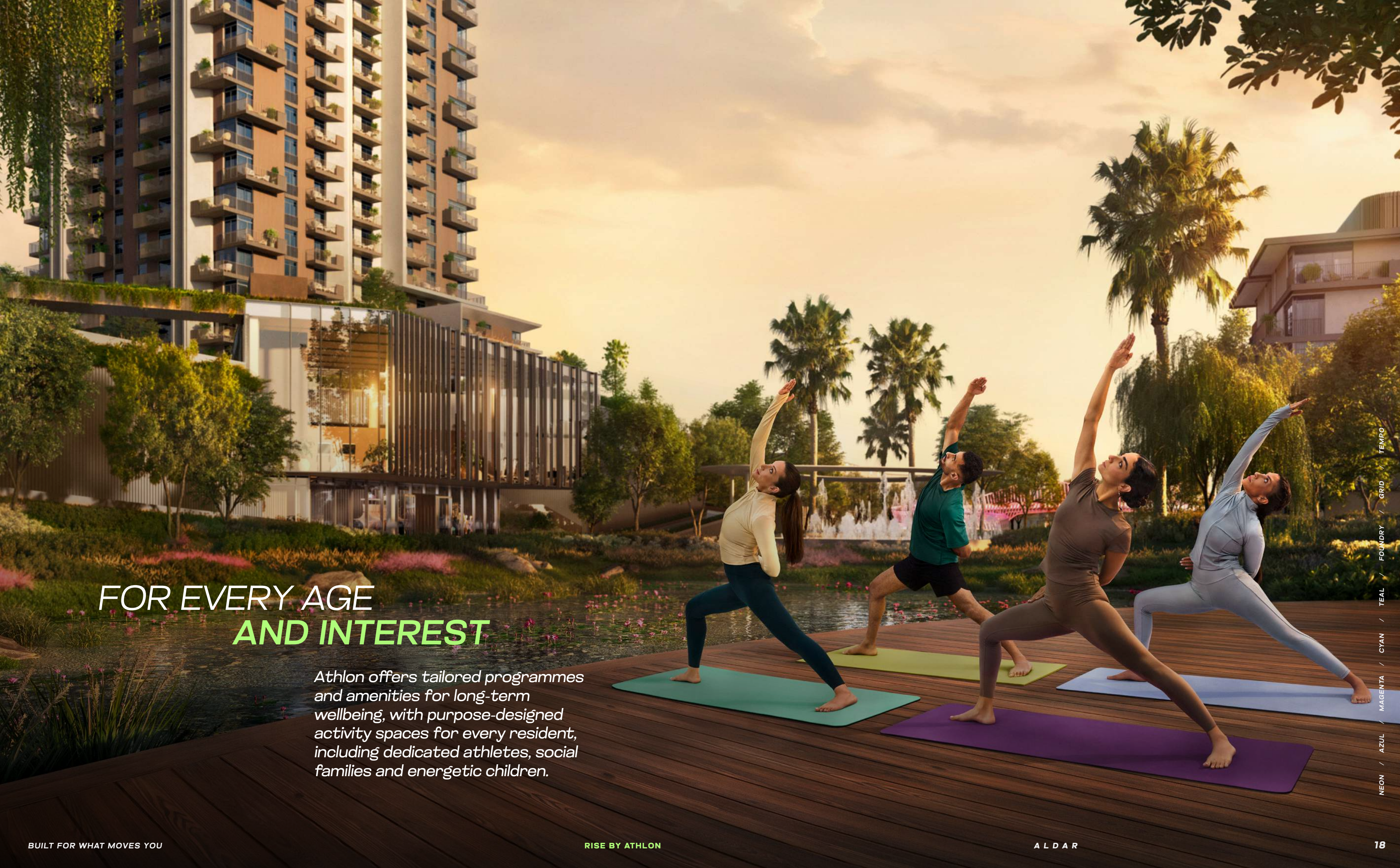
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CLUBHOUSES

PURPOSEFULLY  
DESIGNED TO MOVE YOU

Our design ethos is to create a unique environment that helps people move. Developed around active design principles with wellbeing experts, Athlon seamlessly merges walking & cycling loops with lush, green parks and spaces to connect. At the entrance to the community is the iconic signature clubhouse, dedicated to fitness and socialising.



A full-page architectural rendering of a modern residential development. In the foreground, four people (two women and two men) are practicing yoga in a warrior II pose on a wooden deck. They are standing on colorful mats: teal, lime green, purple, and light blue. The deck is situated next to a pond with pink lotus flowers. In the background, a tall, modern apartment building with many balconies and lush landscaping, including palm trees and weeping willows, is visible under a soft, golden-hour sky.

## FOR EVERY AGE AND INTEREST

Athlon offers tailored programmes and amenities for long-term wellbeing, with purpose-designed activity spaces for every resident, including dedicated athletes, social families and energetic children.



# ACTIVE WELLNESS LOOPS

*Athlon's loops transform everyday movement into a lifestyle. Cyclists glide, pedestrians thrive and energy pulses through every pathway, inviting residents to live actively and effortlessly.*



# ATHLON MASTERPLAN





INTRODUCING

# RISE BY ATHLON



*The newest chapter in the Athlon community brings eight dynamic residences: three lower-level buildings as well as five towers that are uniquely themed around different ways to move, play, create and connect. From high-energy pursuits to creative expression, skate parks to recovery zones, discover different ways to experience lifestyle-first design at Rise by Athlon.*



# BUILT FOR WHAT MOVES YOU





*SPACIOUS HOMES FRAMED  
BY LUSH GREEN VIEWS*





SPACES TO REENERGISE AND RECOVER  
*FROM LAPS TO LOUNGING*



# HIGH-PERFORMANCE GYM EXPERIENCE

The Rise by Athlon gym is perched within a terraced podium that flows naturally from the central park. This state-of-the-art fitness destination isn't just a gym, it's a statement of vitality.





# CARDIO ZONE





CHOOSE YOUR RESIDENCE  
FIND YOUR PLACE

MAGENTA

MADE FOR CREATIVITY

TEAL

DRIVEN BY MOMENTUM

CYAN

CREATED FOR WELLBEING

AZUL

POWERED BY PLAY

FOUNDRY

INSPIRED BY LEARNING

NEON

TUNED FOR PERFORMANCE

GRID

DESIGNED FOR CONNECTION

TEMPO

CRAFTED FOR ENTERTAINMENT









TOP EGYPTIAN  
MARATHONER & MOUNTAINEER

# MANAL ROSTOM

## WHAT MOVES YOU?

*“When the spaces around me are designed to help me stay motivated, it gives me a reason to show up every day. I have all the resources around me, so I put out my best energy. And most importantly, I get it back.”*





CYAN TOWER  
**RECOVERY STUDIO**

*Cold plunge, sauna and guided recovery rituals deliver a head-to-toe reset.*





NEON TOWER  
**SOCIAL FITNESS HUB**

*At Neon's core, high-energy classes and performance zones keep you training at your best.*



# AZUL TOWER GAMES SIMULATOR

*A next-gen simulator sparks friendly rivalry and fast-paced fun with friends.*





TEAL TOWER  
**THE WORKSHOP**

A fully equipped space for bike tune-ups and builds, with the track waiting just outside.



UAE'S FIRST OLYMPIC  
ROAD RACE CYCLIST

# YOUSIF MIRZA

## WHAT MOVES YOU?

*"Give me a bike and a track, and friends to keep me company on the road, and it's like you gave me the world. Imagine all this just steps from your home. You'd feel that you're really part of a community and want to move every day."*



MAGENTA TOWER  
**RHYTHM ROOM**

Your in-house sound studio to listen,  
write, rehearse and jam.



# FOUNDRY RESIDENCE MIND & BODY LIBRARY

A quiet library of reading rooms  
and study nooks for focus,  
learning and mindfulness.



# GRID RESIDENCE SOCIAL FITNESS HUB

Interactive play zones, group games  
and shared hangouts that bring  
neighbours together.





TEMPO RESIDENCE  
**CINEMA**

*A private big-screen room with plush seating for immersive, unforgettable movie nights.*





PARALYMPIC SWIMMER,  
MOTIVATIONAL SPEAKER & MOTHER

# JESSICA SMITH

## WHAT MOVES YOU?

“Having been born with a disability, movement has given me so much freedom in my life. It’s important for me that my daughter grows up with access to facilities and environments that empower her.”



# AN ACTIVITY FOR EVERY PACE

Two distinct loops connect the towers, each designed to support long-term wellbeing. From the high-energy Active Loop with outdoor gyms, padel courts, pools and play areas—to the calming Recovery Loop with a mindfulness deck, yoga pavilion, nature trails and healing gardens, every space is mapped with purpose.

Residents will also enjoy access to Athlon's exhilarating amenities, including the iconic clubhouse and dedicated cycling loop that seamlessly connects to Al Qudra's epic 86 km track.



# ATHLON AMENITIES

- NATURE LOOP
- BIKE LOOP
- PARKLIFE LOOP
- GYM
- FITNESS NODES
- PUMP TRACK
- SPLASH PADS
- FAMILY POOL
- LAP POOL
- PLAY PARK
- PADEL COURT
- MUGA COURT
- BASKETBALL COURT
- TABLE TENNIS
- ROCK CLIMBING
- SKATE PARK
- YOGA PLATFORM
- CINEMA LAWN
- MEDITATION DECK

# RISE BY ATHLON AMENITIES

- COMMUNITY PLAZA
- SKATE PARK
- NATURE TRAIL
- YOGA PAVILION
- MEDITATION DECK
- HAMMOCKS
- REFLEXOLOGY PATH
- BALANCE TRAINING
- POWER LIFTING PODIUM
- KIDS' CALLISTHENICS STATION
- MONKEY BARS
- OBSTACLE COURSE
- HIIT PODIUM
- STRENGTH AND CONDITIONING PODIUM
- COMMUNITY SQUARE
- FAMILY POOL
- ADULT POOL
- PLUNGE POOL
- PET PARK
- STRETCHING ZONE
- BBQ





# CURATED SERVICES

Designed to complement your lifestyle at every step, the services at Rise by Athlon streamline the everyday, so you can focus on what moves you.

## SOCIAL & LIFESTYLE ENHANCEMENTS

DISCOUNTS FROM LOCAL RETAILERS

## FAMILY & EDUCATIONAL CARE

TUTORING PROGRAMMES

WORKSHOPS (ADULTS & KIDS)

SENIOR CARE & COMPANIONSHIP PROGRAMMES

## RESPONSIBLE & SUSTAINABLE LIVING

PROPERTY LEASING (SHORT & LONG TERM)

## HEALTH, WELLNESS & FITNESS

FITNESS & WELLNESS CLASSES (ADULTS & KIDS)

NUTRITIONIST CONSULTANTS

ORGANIC FOOD & PRODUCT DELIVERY

WELLNESS WEBINARS & TALKS

CPR & FIRST AID TRAINING

## PRE MOVE IN/HANDOVER

PRE-QUALIFIED FITOUT CONTRACTORS

DESIGN & BUILD SERVICES

HANDOVER MOVE-IN ADD-ON SERVICE: RETAIL OFFERING FOR FURNITURE, ELECTRONICS, WHITE GOODS & CURTAINS

HUNA (LUNCH/DINNER VOUCHER)

HOME AUTOMATION

MOVERS & PACKERS

## EVERYDAY LIVING

DELIVERY SERVICES FROM COMMUNITY RETAILERS

HOUSEKEEPING

CAR REPAIR SERVICES

PET CARE SERVICES



# HOMES MADE FOR MOVEMENT

*Athlon's stylish apartments are purposefully designed for dynamic living, with each tower angled to maximise views and natural light. Every home offers effortless access to the building's unique lifestyle and amenities, connecting you to fitness, wellness, creativity or play just steps from your door.*











PERFORMANCE IN  
**EVERY MATERIAL**

At Rise by Athlon, design moves with you. Bold lines, cool timbers, warm terracotta—every material is chosen for performance and impact. While interiors are stylish, considered and built for active lives. Whether you're all energy or all about balance, choose from a light or dark palette to match your pace.







# FINISHES



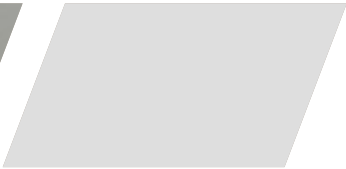
KITCHEN COUNTERTOPS  
& BATHROOM LEDGE  
PORCELAIN TILE



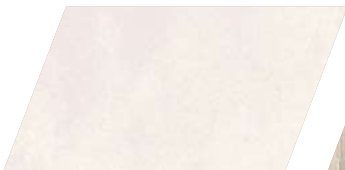
KITCHEN UPPER CABINETS  
METAL EFFECT LAMINATE



KITCHEN FEATURE CABINET  
BLACK TINTED GLASS



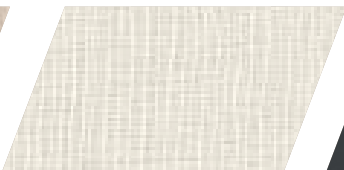
BATHROOM MIRROR  
CLEAR MIRROR



GENERAL FLOOR  
PORCELAIN FLOOR TILE



MAIN DOOR, INTERNAL  
DOORS, KITCHEN LOW  
CABINETS & SHELVING  
TIMBER EFFECT LAMINATE



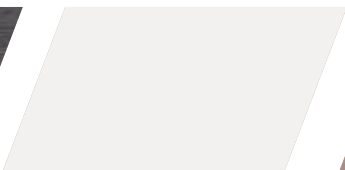
WARDROBES  
LAMINATE



WARDROBES ACCENT  
LAMINATE



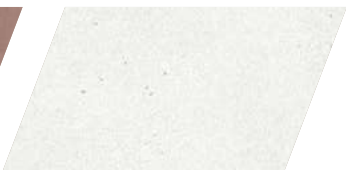
SANITARYWARE METAL  
GREY



WALLS  
GENERAL PAINT



BATHROOM SHOWER  
WALLS & FLOORS  
ACCENT TILE



GENERAL BATHROOM FLOOR  
PORCELAIN TILE



FEATURE KITCHEN & BATHROOM WALL TILE  
PORCELAIN TILE



# FIND YOUR FLOW

Choose from modern 1 to 3-bed apartments, designed with spacious layouts, exceptional views and thoughtful details that bring balance to daily life.





# FLOOR PLANS



1 BEDROOM  
LOW RISE





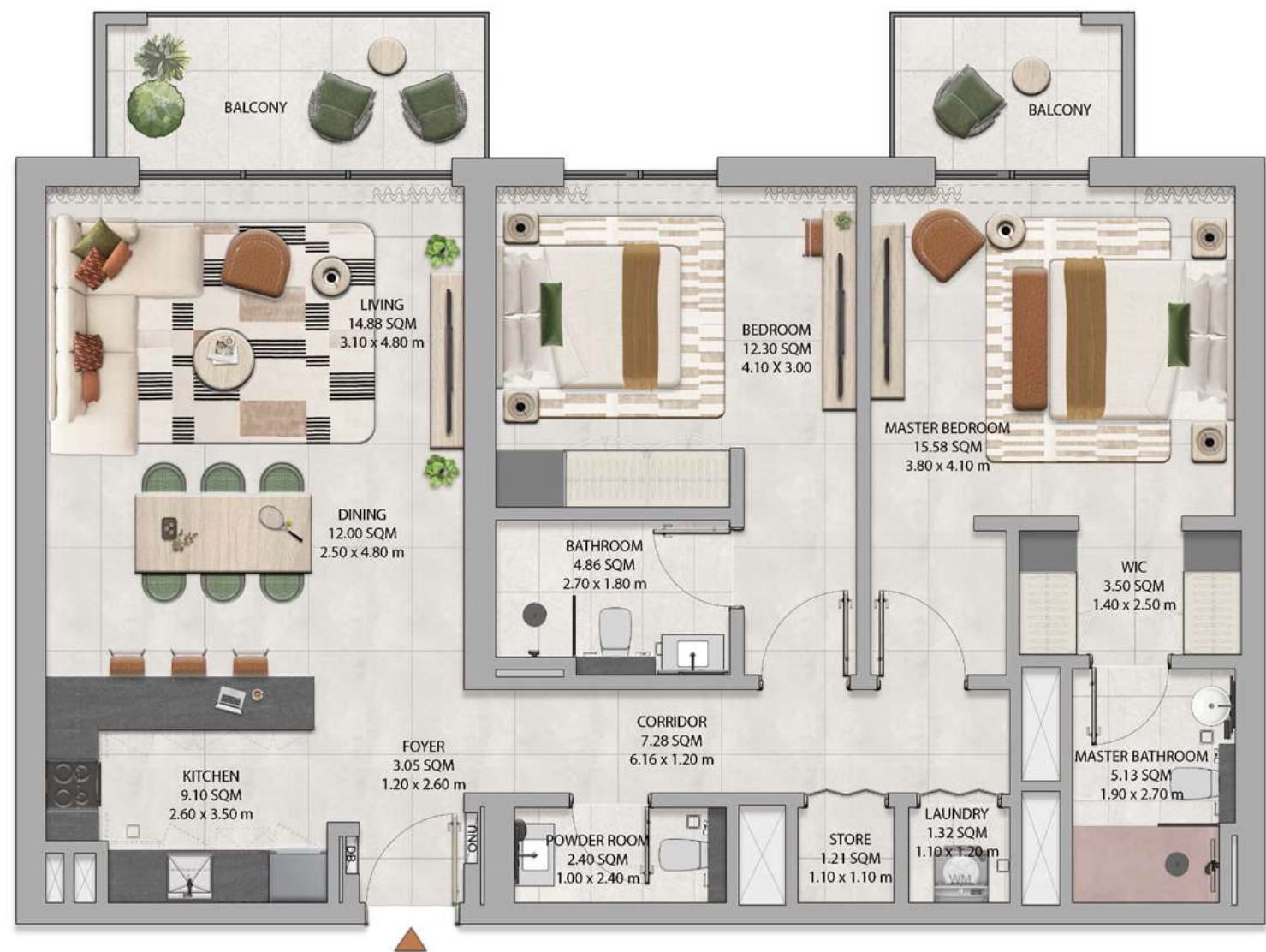
# 2 BEDROOM & MAID

## LOW RISE





2 BEDROOM  
LOW RISE STANDARD





3 BEDROOM  
LOW RISE STANDARD





1 BEDROOM TOWER  
TYPE A





# 1 BEDROOM TOWER

## TYPE B





# 1 BEDROOM TOWER

## TYPE C





# 2 BEDROOM TOWER

## TYPE A





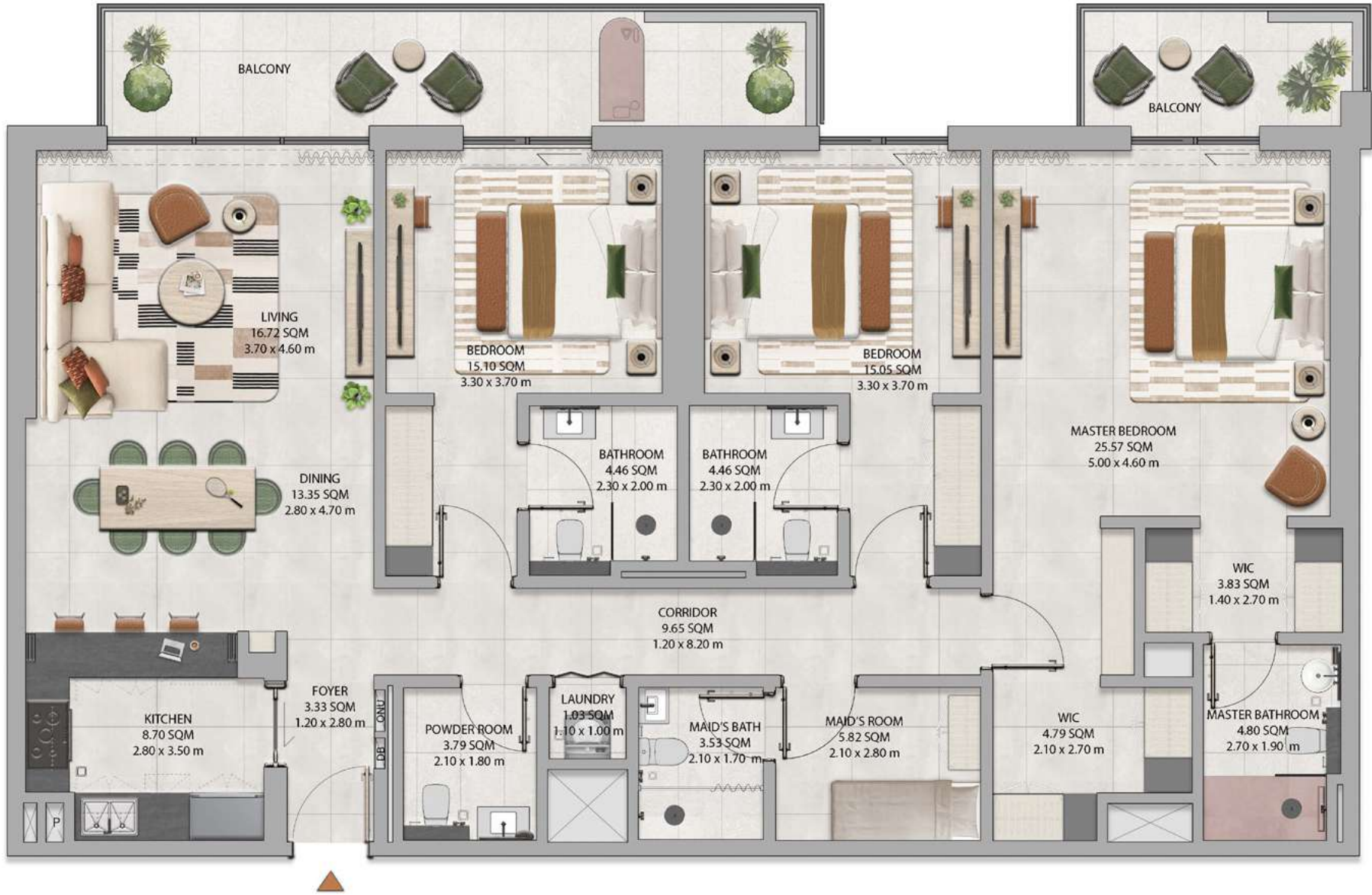
2 BEDROOM TOWER  
TYPE B





# 3 BEDROOM TOWER

## STANDARD





# 3 BEDROOM TERRACE





# SUSTAINABLE LIVING

- HUMAN-CENTRIC COMMUNITY DESIGN
- ENERGY AND WATER EFFICIENCY
- OPTIMISED HVAC SYSTEM
- NATURAL LIGHTING
- GENEROUS GREEN SPACES
- NATIVE LANDSCAPING
- EASY ACCESS TO SERVICES
- PUBLIC TRANSPORT
- SHADED WALKWAYS & BIKEWAYS
- EV CHARGING FACILITIES
- ENHANCED AIR QUALITY
- PHOTOVOLTAIC SYSTEMS
- WATER CONSERVATION SYSTEMS
- SMART WASTE SYSTEMS
- LOCAL MATERIALS
- SUSTAINABLE CONSTRUCTION
- LEED PLATINUM PRE-CERTIFIED
- FITWEL CERTIFIED

# SMART FEATURES

- SMART IRRIGATION
- SMART WASTE MANAGEMENT
- ENVIRONMENTAL MONITORING FOR SPORTS
- AIR QUALITY MONITORING
- NOISE MONITORING AND SOUND MASKING
- DIGITAL AMENITIES BOOKING
- COMMUNITY ACCESS CONTROL
- INTEGRATED SAFETY AND SECURITY MANAGEMENT

*Designed responsibly and fitted with the latest sustainable features, your home will allow you to make a positive impact on the environment.*



SET YOUR LIFE  
IN MOTION



