



The Spa dedicates to you the new Fitness classes at our Gym.

New Season 2016/2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yoga 8.00-9.00	Super Circuit 8.00-8.30	Conditioning 8.00-9.00	Super Circuit 8.00-8.30 Yoga 8.30-9.30	Run Club 8.00-9.00	
				Conditioning 13.30-14.30	Pilates 11.30-12.30
Flex 18.30-19.00	Pilates 18.30-19.30	R.o.m. 19.00-20.00	Pilates 19.00-20.00		

Maximum 4 participants per class UPON RESERVATION.

RUN CLUB: It is a guided training on the treadmill to optimise the indoor aerobic exercise and reach high results.

R.O.M. "Range of Motion": Throughout specific movements it helps to understand how to prevent injuries and how to increase your performance.

CONDITIONING: It is a specific training that helps to increase your resistance, speed and strength.

PILATES: It is a system of controlled exercises that engages the mind and the body.

YOGA: Yoga is a form of non-aerobic exercise that involves a program of precise posture, breathing techniques, and meditation.

SUPER CIRCUIT 30': Circuit training is short bursts of exercise using body weight and gym equipment with frequent repetitions, followed quickly by another burst of exercise targeting a different muscle group.

New! FLEX 30': Optimization of muscles' flexibility by using static and dynamic stretching techniques. It allows effective recovery after physical activity, improving the stiffness.

For information about costs and reservations please contact the Spa Reception –4630