
WORLD OF
WATER AND FIRE

FITNESS

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An exclusive temple to wellness,
where East and West blend together
among nature and innovation.

03.

FITNESS

Well-being also means feeling healthy through a targeted physical activity. The 24-hour Fitness Centre overlooking the garden is composed by a wide gym with the latest Technogym® equipment for cardio and strength training equipment and studios for breathing, meditation and physical-energetic rebalancing classes.

MOVEMENT ACTIVITIES

- Healthy Spine
- Muscular awakening
- Elastics
- Gag
- Pre-Ski
- Total Body Sculpt
- Total Abdominal
- Fitball
- Mobility
- Perception Walk
- Circuit Training aimed at muscular strengthening
- Walk in the Woods
- Cardio Box

GROUP SESSIONS FREE OF CHARGE - (30 min.)

PRIVATE SESSIONS - (40 min.)

MON / THU

€ 90,00**

FRI / SUN*

€ 99,00**

PERSONAL TRAINER

PRIVATE SESSIONS

MON / THU

€ 100,00**

(50 min.)

FRI / SUN*

€ 110,00**

(50 min.)

SAUNA ACTIVITIES

- Sauna-stretching
- Aufguss

GROUP SESSIONS FREE OF CHARGE

POSTURAL REBALANCE

- Pilates
- Stretching
- Postural gymnastics

GROUP SESSIONS FREE OF CHARGE - (30 min.)

PRIVATE SESSIONS - (40 min.)

MON / THU

€ 100,00**

FRI / SUN*

€ 110,00**

BREATHING ACTIVITIES

- Stretching of the Meridians
- Qi Gong
- Yoga
- Zazen Meditation

GROUP SESSIONS FREE OF CHARGE - (40 min.)

PRIVATE SESSIONS - (50 min.)

MON / THU

€ 100,00**

FRI / SUN*

€ 110,00**