

# WORLD OF WATER AND FIRE

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 FRI - SUN\*
€ 95,00\*\* € 105,00\*\*

#### PERSONAL TRAINER

PRIVATE SESSIONS

 MON - THU
 FRI - SUN\*

 € 105,00\*\*
 € 115,00\*\*

 (50 min.)
 (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 FRI - SUN\*
€ 105,00\*\*
€ 115,00\*\*

#### **BREATHING ACTIVITIES**

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

GROUP SESSIONS FREE OF CHARGE - (40 min.) PRIVATE SESSIONS - (40 min.)

MON - THU FRI - SUN\* € 105,00\*\*