

# *Active movement*

Sculpt your body like the ancient sailors of the Adriatic did, with our fitness offerings based on functional, holistic sailing movements, rowing techniques, and the rigging principles of tensegrity. Inquire at spa reception to book your next training.

## **FITNESS CONSULTATION & PERSONAL TRAINING SESSIONS**

60 MINUTES

The initial visit entails an assessment of your needs and goals, a body composition analysis, exercise recommendations, and your first full-body training session with a certified fitness coach. Discover the workout or mix of workouts that will propel you towards your goals and bring about the results you desire.

## **FUNCTIONAL TRAINING**

60 MINUTES

Functional training allows you to enhance both motor and functional abilities, positively impacting strength, muscle endurance, and physical coordination simultaneously. The distinguishing feature of this training lies in its selection of equipment and wide range of exercises, coupled with instructors who tailor the session to your individual needs and abilities.

## **BENEFITS OF ROWING**

60 MINUTES

Experience a full-body rowing workout or elevate your fitness with personalised training sessions guided by expert instructors. Rowing stimulates balanced muscle development throughout your entire body, boosts cardiovascular performance, enables precise control of movement and pace, and serves as an excellent exercise for active recovery, accessible even to beginners.

## **GROUP TRAINING SESSIONS (2 TO 4 PARTICIPANTS)**

75 MINUTES

For those with a competitive streak, group training sessions offer an ideal outlet, perfect for social butterflies seeking motivation and camaraderie. Find your ideal group training session with the guidance of our instructors, offering workouts of varying intensities designed to fuel your motivation and propel you towards your fitness goals. These workouts are designed for groups of 2 to 4.

## **RUN & FUN**

75 MINUTES

The fitness training offers a wide variety of running routines, including sessions designed to increase race readiness and refine the biomechanics of running motions. Depending on your preferences and weather conditions, you can do your training sessions either within the hotel premises or in the nearby forest park. Our instructors will assist you in mastering various running stretches, adapting to your individual abilities for a customised training journey.

When we stand tall like the mast of the ship, we endure centred and strong, yet flexible, resilient to the pressures of life.