

CA

Casa Angelina

FITNESS PROGRAM

Dear Guest,

Treat yourself to a moment of
absolute well-being.

Every day our instructors will assist
you during your fitness time and will
introduce you to special techniques
aimed to bring balance between body
and soul.

FULL BODY

Full-body workout to strengthen your legs, core and back, while improve your posture and flexibility.

FUNCTIONAL TRAINING

A classification of exercise which involves training the body for the activities performed in daily life.

HATHA YOGA

A branch of yoga concerned chiefly with the regulation of breathing by exercises consisting of various postures designed to maintain healthy functioning of the body and include mental calm.

*JUST FOR YOU

Enjoy a private session of Yoga, Body Balance or Pilates at your choice assisted by our specialized instructors.

60 minutes € 160.00 VAT not included

PERSONAL TRAINER

On site assistance during your daily work out / personalized program of work out.

PILATES

A system of physical conditioning involving low-impact exercises and stretches.

BODY BALANCE

Stretching and muscles tonification through oriental traditional techniques.

YOPI

Mix of yoga and pilates techniques.

YOGA, PILATES, BODY BALANCE,
YOPI and HATA YOGA are available daily
from 8:00 am to 10:00am.

Our skilled PERSONAL TRAINER
is available daily from 8:00 am to 11:00 am
and from 4:00 pm to 7.30 pm

