Fitness

If you can't find time in a hectic home life to improve stamina, tone up or address specific movement related concerns, this program is for you. It focuses on movement, blending high and low intensity training with recovery treatments, meditation and sleep.

Is this program right for you?

This program is ideal if you want to give yourself a kick start; need support to help you keep going when the body says stop; want to reach a goal that will make you feel happy, body confident and instill a sense of pride; challenge yourself; or simply want to maintain a healthy lifestyle.If even the thought of fitness brings you out in a cold sweat, don't worry. There are no shouty drill instructors: everything is done in steps you feel comfortable with. And you did click the link .

Benefits

- Improves mood by stimulating brain chemicals to leave you feeling happier and more relaxed
- Boosts energy levels
- Promotes better sleep (as long as you don't exercise too close to bedtime)
- Increases strength and endurance
- Improves muscle tone and strength
- Helps coordination, agility and flexibility
- Supports weight management or loss
- Reduces risk of chronic disease
- Increases aerobic fitness

Inclusions	3 nights	5 nights	7 nights
Wellness screening	1	1	1
Private activity: yoga	3	4	5
Wellness activity: Hiking/canoeing	2	3	4
Personalized detox treatment	1	1	2
Private sauna & steam bath	1	2	3
Daily use of thalassotherapy pool and thermal suite	3	5	7
Program wrap up	1	1	1
Price per person	**EUR 550**	**EUR 690**	**EUR 970**

*Full board wellness nutrition is available upon request
*Prices are quoted in Euro (EUR) and include tax. Excluding accommodation

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