

# YOGA

## STRETCH & FLOW

DIFFICULTY LEVEL: 2/5

Find harmony between stretching and dynamic movement in a fluid and accessible class designed to enhance flexibility and release tension. Perfect for those seeking a gentle yet engaging challenge.

## POWER YOGA

DIFFICULTY LEVEL: 5/5

Ignite your inner fire and push your limits with an intense and challenging practice that combines strength-building poses and dynamic sequences that help to cultivate stamina and focus.

## RADIANT RISE & SHINE

DIFFICULTY LEVEL: 1/5

Greet the day with gentle movements, mindful breathwork and positive intentions, cultivating a luminous start to your morning and setting the tone for a radiant day ahead.

## SERENE SUNSET FLOW

DIFFICULTY LEVEL: 3/5

Surrender to the tranquility of the sunset as you flow through gentle movements and soothing stretches, winding down at the end of the day with grace and mindfulness in our serene surroundings.

## HATHA YOGA

DIFFICULTY LEVEL: 2/5

Step into your summer light and harness the strength of the sun. Summer is about expansion. Through slow, precise movement and a short meditation, embrace your inner summer within the body and mind.

# AERIAL YOGA

## AERIAL YOGA

DIFFICULTY LEVEL: 4/5

Elevate your practice as you flow through poses suspended in silk hammocks, challenging your balance and strength in a dynamic, medium difficulty class.

## AERIAL YIN YOGA

DIFFICULTY LEVEL: 1/5

Experience deep relaxation and rejuvenation as you surrender into gentle, gravity-assisted stretches. This tranquil practice is accessible to all levels.

## AERIAL HARMONY

DIFFICULTY LEVEL: 2/5

Find harmony and balance, engaging in gentle movements and stretches that promote a sense of peace and wellbeing.

## AERIAL EXPLORATION

DIFFICULTY LEVEL: 3/5

Embark on a journey of exploration through aerial practice, discovering new perspectives and sensations with a moderate level of difficulty.

## AERIAL SUNRISE FLOW IN THE HAMMOCK

DIFFICULTY LEVEL: 3/5

A rejuvenating morning class that blends gentle aerial stretches, fluid movements and hammock-supported poses to awaken the body and calm the mind.

## AERIAL CORE & UPPER BODY CONDITIONING

DIFFICULTY LEVEL: 4/5

An empowering class using the hammock to target core muscles and build upper body strength through dynamic exercises and stability drills, perfect for advancing aerial skills.

## AERIAL SOUND BATH

DIFFICULTY LEVEL: 1/5

Embark on a tranquil journey of relaxation. Immerse yourself in soothing sounds and gentle vibrations while nestled within the comfort of our aerial hammocks.

# PILATES

## \*PILATES REFORMER

(25€/PERSON)

DIFFICULTY LEVEL: 2/5

Focusing on form, alignment and breath whilst stretching and strengthening the entire body using spring resistance. You won't believe how great a workout can feel.

## \*PILATES REFORMER PROPS

(25€/PERSON)

DIFFICULTY LEVEL: 3/5

This class incorporates the use of various props in combination with the Reformer machine to enhance the Pilates experience. The Reformer is a versatile piece of equipment that uses springs for resistance, helping to improve flexibility, strength and body alignment. Props such as resistance bands, small balls, magic circles and weights are introduced to add variety to the workout, targeting different muscle groups more effectively.

## PILATES MAT

DIFFICULTY LEVEL: 2/5

Concentrating on strengthening the body with an emphasis on core strength. Helps to improve general fitness and overall wellbeing. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.

## \*POSTURE & CORE PILATES (REFORMER & MAT)

(25€/PERSON)

DIFFICULTY LEVEL: 3/5

Improves posture and body alignment, focuses on strengthening the core (abdominals, lower back and pelvic muscles) and developing proper joint and spinal alignment. Through precise, controlled movements, Pilates helps restore balance between the body's muscles, reducing weaknesses and imbalances that affect posture. The goal is to achieve an upright position with less tension in the body, improving spinal alignment and preventing poor posture that can lead to pain or injury. The method combines flexibility with strengthening, targeting areas that need support and restoring harmony to the body's natural movement. The class is divided into two parts: 30 minutes on the mat and 30 minutes on the Reformer, with the use of sticks to assist in improving body posture.

## PILATES FUSION

DIFFICULTY LEVEL: 2/5

Pilates is combined with other forms of exercise, such as yoga and other functional programs. This approach helps strengthen the body and increase endurance, with creative and varied movements.

## STRETCH PILATES

DIFFICULTY LEVEL: 2/5

A mat-based class focused on movements to help stretch out the body and release tension. The class also includes movements that work on strength and control throughout the body. This is a gentle paced class suitable for most levels.

## POWER PILATES

DIFFICULTY LEVEL: 3/5

Designed to address the body's natural balance through a series of precise and controlled movements. A mix of Pilates movements and Fitness exercises.

## CLINICAL PILATES

DIFFICULTY LEVEL: 2/5

Clinical Pilates is a specialized form of Pilates designed to address specific rehabilitation needs, improve posture and enhance overall physical function. It combines traditional Pilates exercises with a therapeutic approach, tailored to individual needs, particularly for those recovering from injury, managing chronic pain, or dealing with musculoskeletal imbalances. The exercises focus on strengthening the core, improving flexibility and restoring proper alignment and movement patterns.

# FITNESS

## FULL BODY STRETCHING

DIFFICULTY LEVEL: 1/5

Focused on improving flexibility and mobility through gentle, controlled stretches. Participants learn to stretch muscles and joints in a way that promotes flexibility, reduces tension and improves posture.

The class includes a variety of techniques, such as static and dynamic stretching. It is tailored to each participant's level.

## \*SPINNING

(25€/PERSON)

DIFFICULTY LEVEL: 3/5

Spinning on stationary bikes combines cardio and endurance in a 45-minute calorie-burning session. Not only is it great for improving cardiovascular health, but it's great for toning muscles, assisting in strength development.

## TRX & KETTLEBELL COMBO

DIFFICULTY LEVEL: 4/5

A revolutionary workout method that uses body weight and gravity as resistance to build strength, balance, coordination, flexibility and joint stability. In combination with Kettlebell exercises this is a calorie-burning workout with impressive muscular development results.

## ABS & LEGS

DIFFICULTY LEVEL: 2/5

This class focuses on working abs and legs, mixing cardio exercises with strength training to burn calories. You'll be alternating between a range of lunges, squats and crunches. Each exercise focuses on targeted muscles for a balanced workout.

## HYROX WOD

DIFFICULTY LEVEL: 3/5

Combines both running and functional workout stations. Run 1k followed by 1 functional workout station and repeat.

Hyrox WOD training involves a combination of strength, endurance and mobility, all of which result in better athletic performance.

## SPIN & LIFT

DIFFICULTY LEVEL: 4/5

An interval workout that combines all parameters of athletic conditioning such as speed, strength and endurance. Alternate Spinning and Weight Lifting, working the body in an intense and effective way.

## H.I.I.T. (HIGH INTENSITY INTERVAL TRAINING)

DIFFICULTY LEVEL: 4/5

Combines exercises that tones muscles and builds cardiovascular health. This 45-minute class burns fat and helps to create long, lean muscles, with rapid results. It strengthens the core, improves circulation and increases flexibility.

## EVENING STRETCH & MOBILITY

DIFFICULTY LEVEL: 2/5

Relax your muscles, improve your muscle flexibility and joint mobility through stretching movements for the upper and lower body.

## FUNCTIONAL FITNESS

DIFFICULTY LEVEL: 3/5

Improve your strength, coordination and balance. Designed to help you train and prepare your body for daily tasks by incorporating everyday movements and muscles in each exercise.

## CIRCUIT TRAINING

DIFFICULTY LEVEL: 4/5

Circuit training is a fast-paced class, do one exercise for 60 seconds and then move on to another exercise. This focuses on all major postural muscles and triggers a tabata-like effect activating both fast and slow twitch muscle fibers.

## MORNING VILLAGE RUN

DIFFICULTY LEVEL: 3/5

A 60 minute morning run in the village of Lourdata. Burn calories, increase your fitness level all whilst exploring our village Lourdata from side to side.

## CROSS TRAINING

DIFFICULTY LEVEL: 3/5

Various kinds of training routines, designed to achieve a more rounded set of skills that your body can call on when needed. In this class we combine fitness exercises and running in an interval way for a unique workout experience in front of Lourdas Beach.