

Sport Activities

PERSONAL TRAINING - Reservation required

90 euros/60 mins

Our team of nationally certified personal trainers deliver more than just a personal training program. We not only deliver a complete experience custom to address your unique needs and goals but also deliver confidence boosting and real results. Choose your path with the help of our trainers: whether you need one-on-one attention or you need to organize work out in a small group.

PILATES

Physical fitness system developed in the early 20th century by Joseph Pilates, drawing inspiration from Yoga and Do-in. L'Andana suggests outdoor session under the shade of umbrella-pines: this workout will rebalance the energy and reduce pain due to incorrect posture

NORDIC WALKING

It's a fitness walking with specially designed poles, practicable in all seasons. Easy to do, Nordic walkers use more of their entire body.

CARDIO WORK OUT

Cardio exercise uses large muscle movement over a sustained period of time keeping your heart rate to at least 50% of its maximum level. Your heart is a muscle. Therefore working it makes it stronger. A stronger cardio-vascular system means more capillaries delivering more oxygen to cells in your muscles. This enables your cells to burn more fat during both exercise and inactivity

FUNCTIONAL TRAINING WORK OUT

Functional training attempts to adapt or develop exercises which allow individuals to perform the activities of daily life more easily and without injuries. a training program should be tailored to each individual. Any program must be specific to the goals of an individual, focusing on meaningful tasks. It must also be specific to the individual state of health, including presence or history of injury. An assessment should be performed to help guide exercise selection and training load.

L'ANDANA BOOT CAMP

Boot Camp training commences with dynamic stretching and running, followed by a wide variety of interval training, including lifting weights/objects, pulling rubber TRX straps, pushups/situps, plyometrics, and various types of intense explosive routines. Sessions usually finish with stretching. Many other exercises using weights and/or body weight, similar to CrossFit routines, are used to lose body fat, increase cardiovascular efficiency, increase strength, and help people get into a routine of regular exercise.

BOXE

Boxing fitness training is an excellent way get a great cardio workout. Boxing is considered by many to be one of the best exercises because of its ability to help condition the entire body in one workout. This sport improves the cardiovascular and endurance fitness of its participants by providing a high-intensity, calorie-burning routine that promotes optimal physical fitness.

HORSE RIDING from Euro 120

TENNIS, GOLF, YOGA...