## Vilalara Longevity Thalassa & Medical Spa Activities

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>9:30 - 10:15</td>
<td>Shape It</td>
<td>Walks</td>
<td>Burn It</td>
<td>Shape It</td>
<td>Walks</td>
<td>Burn It</td>
<td>9:30 - 11:00</td>
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<tr>
<td>12:15 - 12:45</td>
<td>Relaxation and Wellbeing Techniques</td>
<td>Rebalance Your Body - Workshop</td>
<td>Aesthetic and Beauty Workshop</td>
<td>12:15 - 13:00 Dance</td>
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<tr>
<td>15:30 - 16:15</td>
<td>15:30 - 16:00 HIIT</td>
<td>Pilates</td>
<td></td>
<td>Yoga</td>
<td>15:30 - 16:00 HIIT</td>
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<tr>
<td>16:30 - 17:15</td>
<td>Yoga</td>
<td>Aquapilates</td>
<td>Meditation Bowls Tibetan</td>
<td>Yoga</td>
<td>Pilates</td>
<td>Meditation Bowls Tibetan</td>
<td>Aquapilates</td>
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<tr>
<td>17:30 - 18:15</td>
<td>Aquafit</td>
<td>Stretch</td>
<td>Walks</td>
<td>Dance</td>
<td>Aquafit</td>
<td>Walks</td>
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</tbody>
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### Prices per person:

- One group class: 15.00 €
- 5 activities pass: 60.00 €
- 10 activities pass: 120.00 €

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Minimum age: 18 years old  
Plan valid for July and August 2016  
Meeting point: Vilalara Longevity Thalassa & Medical Spa  
All activities are subject to change without notice.  
Book your lesson in advance, places are limited.  
In case of no-show, the total price of the activity will be charged.
WALKS
The best way to be more active! Enjoy the great views over the cliffs, very common in Algarve coast, or if you prefer to try a walk on the beach... Feel the well-being that this activity provides.

DANCE
What a fun way to burn calories! With dancing, your body moves with more pace and agility, not forgetting muscle tone and increase our self-esteem. Come on for a step dance!

CIRCUIT BODY AND MIND
Energize your body and your mind. Pilates, Aquapilates, Yoga, Meditation and Tibetan Singing Bowls Stretches are several lessons that we provide.

Pilates. The Pilates Method is undoubtedly a distinctive and comprehensive approach by improving balance, posture and consequently of body awareness. Will develop a higher quality of life in all their daily tasks.

Aquapilates. It’s a new challenge where there is the constant instability of the aquatic environment and the Pilates method. This session is privileged the strengthening of the trunk muscles, improve your posture and increase body awareness.

Yoga. Do not miss the opportunity to learn and practice this legendary discipline that has millions of followers worldwide, in our yoga classes find the perfect time to join the physical to the spiritual.

Meditation Bowls Tibetan. Is a Sound Therapy through sound and vibration emitted by the bowls causes a feeling of well-being and deep relaxation.

Stretches. The benefits of physical activity are well known, but few people who are aware that regular stretching are essential for optimum elasticity and body flexibility.

CIRCUIT SLIM
Exercise and increase your sense of well-being. Burn it, Shape it, Aqua fit and HIIT are several lessons that we provide.

Shape it. Consists of a routine resistance exercise aimed primarily located tone.

Burn it. Mainly cardiovascular class that also combines muscle exercises located.

Aqua fit. In aquatic exercise, you can develop the main components of physical fitness and muscle strength, cardiorespiratory endurance, muscular endurance, flexibility and balance. The great benefit of water aerobics is undoubtedly reducing the impact on joints.

HIIT. Class of short duration and high intensity group. If you want to burn fat and tone, this is the ideal class for you.