

A scenic view of a coastal terrace overlooking the ocean. The terrace features several lounge chairs with brown cushions and white umbrellas. The ocean is a vibrant blue-green color, and a rocky cliffside is visible on the right. The foreground is filled with lush greenery and pink flowers. The text "VILALARA EXPERIENCES by BLUE&GREEN" is overlaid on the top right of the image.

VILALARA EXPERIENCES

by BLUE&GREEN

Vilalara Longevity

THALASSA & MEDICAL SPA

Vilalara Longevity Thalassa & Medical Spa Activities

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 - 10:15	Shape It	Walks	Burn It	Shape It	Walks	Burn It	9:30 - 11:00 Walks
12:15 - 12:45	Relaxation and Wellbeing Techniques			Rebalance Your Body - Workshop	Aesthetic and Beauty Workshop		12:15 - 13:00 Dance
15:30 - 16:15		15:30 – 16:00 HIIT	Pilates			Yoga	15:30 – 16:00 HIIT
16:30 - 17:15	Yoga	Aquapilates	Meditation Bowls Tibetan	Yoga	Pilates	Meditation Bowls Tibetan	Aquapilates
17:30 - 18:15	Aquafit	Stretch	Walks	Dance	Aquafit	Walks	

Prices per person:

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

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.

Aquafit. 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.

