

Activity Plan

Monday

- 10h30
Therapeutic
Movement
- 11h30
Simplistic
Mobility
- 15h00
Cardio
Power
- 16h00
STEP

Tuesday

- 9:30
Walk
- 10h30
Guided
Meditation
- 15h00
Core
training
- 16h00
Cross
training

Wednesday

- 11h30
HIIT
- 12h30
Bootcamp
- 16h00
Body
Flow&Free
- 17h00
Aquapilates

Thursday

- 10h30
Therapeutic
Movement
- 11h30
Essential
Breath
- 14h30
Tabata
Sweat
Fest
- 15h30
Tabata
Sweat
Fest

Friday

- 11h30
Cross
training
- 12h30
F-abs
Fridays
- 15h00
Pilates
- 16h00
Body
Flow&Free

Saturday

- 9:30
Yoga
- 10h30
Sound
Healing

Sunday

- 16h00
Stretch
and Align
- 17h00
Walk

Price per session 20€

Previous booking needed

Activities are subject to change

Booking :

Extension - 17256

Phone- 351 282 320 196

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MENTAL

PHYSICAL

Therapeutic Movement ●●●●●

Gentle movements to understand and improve the function of the spine and waking up the deeper core.

Simplistic Mobility ●●●●●

A serie of targeted stretching and strenghthening exercises to balance the body.

Essential Breath ●●●●●

Rediscover your natural breathing, release the diaphragm and the tissues of the abdomen and trunk.

Sound Healing ●●●●●

The sound and vibration of Tibetan bowls brings a deep relaxation that leads us into a state of meditation.

Yoga ●●●●●

Milenar therapy which aims to connect body, mind and spirit

Body Flow&Free ●●●●●

Freedom movements, activating your iner balance, developing vitality and stretch

Aquapilates ●●●●●

Combines the principle Pilates adapted to water at 30 degrees.

Pilates ●●●●●

Body and mind awareness, through 6 principles: concentration, control, precision, powerhouse, flow and breathing.

Stretch &Align ●●●●●

Stretching that improves your health by increasing the range of motion flexibility, reducing and relieving joint and muscle tension.

Walk ●●●●●

Walk through the surrounding gardens and cliffs of Vilalara.

Cardio Power ●●●●●

High-intensity workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. .

HIIT ●●●●●

Interval training exercise. It incorporates several rounds that alternate between several minutes of high intensity movements.

Bootcamp ●●●●●

Effective exercises for sculpting the glutes include hip thrusts, step-ups, lunges, squats, bridges, kicks, and deadlifts

Core Training ●●●●●

strengthening and conditioning of the core muscles surrounding the middle of the body—the abdomen, hips and lower back.

Tabata Sweat Fest ●●●●●

type of workout that aims to yield the most benefits in a short amount of time.

STEP ●●●●●

Step aerobics has all the benefits of a high-intensity cardio workout without putting stress on your joints.

Cross Training ●●●●●

The goal is improving overall performance. It takes advantage of the particular effectiveness of one training method to negate the shortcomings of another.

F-ABS Fridays ●●●●●

Abdominal exercises are a type of strength exercise that affect the abdominal muscles.