

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.