

FITNESS BLISS AT ROSA ALPINA

Focus on your body and keep your spirits high in the Dolomites

NORDIC WALKING

Nordic Walking is a specific fitness technique. Compared to regular walking, Nordic walking involves the upper body as well as the legs. It must be learnt correctly if the participant is to get the most out of the activity.

MAT WORKOUT

Pilates: The Pilates method of body conditioning is a unique system of strengthening and stretching exercises, toning the whole body and it's designed to improve posture and flexibility.

Stretching: Increase flexibility with personal assistance while muscle functionality and range of motion are assessed. Identify muscle imbalances and weaknesses while improving flexibility and circulation.

Abdomen – legs – bottom exercises

BODY WORKOUT

Jogging session: the jogging is without doubt the ideal exercise for toning your body and lose weight

Personal trainer (€ 55 per hour) Whether you are beginning or want to enhance your current program, a fitness professional guides you through exercises that meet your individual needs.

FOR THE ULTIMATE SLIMMING AND TONING EFFECT

WE RECOMMEND THE FOLLOWING TREATMENTS AT OUR BEAUTY & SPA

AROMATICS/AROMATICS WITH ULTRASOUND: an intensive firming wrap based on essential oils

IYASHI DOME: A far infrared system for perspiration with detoxifying effects. After sports activities it helps to relieve lactic acid

BODY WRAP: with algae or sea mud to detoxifying and with arnica flower to soothe sore muscles

SPORT & FITNESS MASSAGE : a powerful massage specially before and after sport activities

FOR THE PARTICIPANTS OF THE FITNESS PROGRAM, A 10%DISCOUNT WILL BE APPLIED ON THE ABOVE TREATMENTS

ALL THE ACTIVITIES ARE FREE EXCEPT THE PERSONAL TRAINING SESSIONS

