



FITNESS CENTER

# ATHLOS

Redefine the  
standards of health  
and well-being.

Nestled in a serene and luxurious environment, Athlos offers an unparalleled experience designed to cater to the discerning tastes and holistic health needs of our esteemed members and guests. From state-of-the-art fitness facilities to personalized wellness services, every aspect is crafted to promote a balanced and fulfilling lifestyle.

Be part of the exclusive community where health, wellness, and luxury converge.

Experience the highest standards of service and amenities, all tailored to your personal well-being.

Your journey to optimal health and refined living begins here.

# PRECISION TRAINING

Our high-quality one-on-one Precision Training embodies a blend of personalized attention, expert knowledge, and a supportive environment. It includes comprehensive initial assessments, such as physical fitness tests, health history reviews, and goal-setting sessions. Our tailored workout plans cater to individual goals, fitness levels, and any medical or physical limitations.

Regular check-ins and assessments are conducted to track progress and adjust programs accordingly. Built to advance health optimization with a first-of-its-kind, data-driven, and expert-led plan.

## WELLNESS ONBOARDING 40' | 54€

Kickstart your fitness journey with our comprehensive onboarding session, designed to provide you with the guidance and support you need as you begin at our gym. This session includes a basic body analysis to assess your current fitness level, followed by personalized advice from our expert trainers. We'll help you set realistic goals and create a tailored workout plan to ensure your success. Join us and start your path to a healthier, stronger you!

## STRENGTH & CONDITIONING 60' | 80€

The use of weights or body weight as resistance creates a challenge for the muscles, leading to enhanced strength. This improvement aids in performing daily activities and athletic tasks more efficiently. Additionally, it increases bone density, boosts metabolism to aid in weight management and strengthens the muscles around joints providing better support and reducing the risk of injuries.

## WEIGHT MANAGEMENT 30' | 48€

Successful weight loss involves a sustainable approach that includes healthy eating, regular physical activity and behavioral changes. Incorporates a mix of cardiovascular exercises and strength training to boost metabolism and maintain muscle mass.



### THREE DIMENSIONAL 60' | 80€

Training that incorporates Multi-Planar Compound Movements (sagittal, frontal, and transverse) to reflect the varied nature of daily tasks. Encourages natural movement patterns that are used in daily activities, promoting better movement efficiency and mobility.

### CORRECTIVE EXERCISE 40' | 54€

Corrective exercise is a systematic and specialized approach to fitness that aims to identify and address muscle imbalances, movement deficiencies, and postural issues. The primary goal of corrective exercise is to improve overall functional movement, enhance performance, and reduce the risk of injury by restoring optimal alignment, stability, and mobility.

### SPORT SPECIFIC 60' | 80€

A tailored approach that focuses on enhancing the physical abilities and performance characteristics required for a particular sport. By mimicking the movements, speed, and intensity of the sport, athletes can better prepare their bodies for the demands of competition.

### PROPRIOCEPTION & BODY AWARENESS 60' | 80€

A series of exercises designed to improve the body's ability to sense its position, movement, and balance. Proprioception, often referred to as the "sixth sense," involves the awareness of the position and movement of the body. This training aims to enhance the communication between the nervous and the musculoskeletal system, improving coordination, balance, and overall stability.

### PILATES 60' | 90€

Our reformer pilates in a private cabane offers a personalized and tranquil workout experience. With the guidance of a dedicated instructor, you'll utilize the reformer machine to perform tailored exercises that improve strength, flexibility, and posture. This intimate setting ensures focused attention and customized instruction, enhancing your Pilates practice in a serene, exclusive environment.

### YOGA 60' | 80€

Enjoy a one-on-one yoga session in a private cabane for personalized practice tailored to your needs. With focused guidance from an expert instructor, you'll explore poses, breathing exercises, and meditation in a tranquil setting, enhancing relaxation and mindfulness.

### ASSISTED STRETCHING & MOBILITY 30' | 48€

Enhance your flexibility and strength. Using a specialized mobility stick, this session focuses on improving range of motion, joint health, and overall mobility through dynamic stretches. Proprioceptive Neuromuscular Facilitation (PNF) is an advanced form of flexibility training that involves both the stretching and contracting of the muscle group being targeted.

# GROUP CLASSES

Group classes offer a variety of fitness and wellness experiences led by expert instructors. Join fellow members and guests in invigorating sessions such as yoga, pilates and full body circuit, all designed to enhance your stay with fun and engaging activities in a beautiful, relaxed setting.

## FULL BODY CIRCUIT 50' | 30€

This circuit-style workout featuring a variety of timed interval exercises, keeps you moving through a variety of stations for a dynamic and efficient total-body workout. Get ready to sweat, build strength, and improve endurance in a supportive group setting.

## PURE YOGA 50' | 30€

Experience the transformative power of our Full Body Yoga class, designed to invigorate your entire being by integrating strength, flexibility, and mindfulness for all levels. Guided by skilled instructors, this dynamic class includes warm-up stretches, flowing sequences, core work, deep stretching, and mindfulness techniques.

## FUSION PILATES 50' | 30€

This class seamlessly blends traditional Pilates exercises with contemporary fitness techniques, designed to strengthen your core, improve flexibility, and enhance overall body tone. Our skilled instructors will guide you through a variety of movements that focus on controlled, mindful exercises to sculpt and tone your muscles.

# SWIMMING LESSONS

With expert instructors leading the way, both kids and adults can build confidence, improve technique, and stay active in the water. Our engaging lessons turn fitness into an adventure, making swimming a fun and rewarding experience for all skill levels.

## SWIMMING LESSONS (Adults) 50' | 80€

This circuit-style workout featuring a variety of timed interval exercises, keeps you moving through a variety of stations for a dynamic and efficient total-body workout. Get ready to sweat, build strength, and improve endurance in a supportive group setting.

## SWIMMING LESSONS (Kids) 50'

| 55€ for 1 | | 90€ for 2 |

This circuit-style workout featuring a variety of timed interval exercises, keeps you moving through a variety of stations for a dynamic and efficient total-body workout. Get ready to sweat, build strength, and improve endurance in a supportive group setting.



## ATHLOS ETIQUETTE

To ensure a pleasant and respectful environment for all guests, please adhere to the following gym etiquette guidelines:

- Use a towel on benches and machines to maintain hygiene
- Return weights, dumbbells, and other equipment to their designated places after use
- Avoid dropping weights, as this can damage equipment and disturb other guests
- Wear appropriate gym attire, including clean workout clothes and proper athletic footwear
- Keep phone use to a minimum and step outside the gym or class if you need to take a call
- Use headphones if listening to music or watching videos
- Do not use equipment if you are unsure how to operate it safely
- Prior booking is required for all private sessions
- Cancellations for private sessions must be made at least 12 hours in advance to avoid any cancellation fees.