

Activity Plan

Monday

- 10h00
Therapeutic
Movement
- 11h00
Simplistic
Mobility
- 14h30
Cardio
Power
- 15h30
Tabata
Sweat
Fest

Tuesday

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

Wednesday

- 11h30
HIIT
- 12h30
Bootycamp
- 16h00
FitBall
- 17h00
AquaPilates

Thursday

- 10h00
Therapeutic
Movement
- 11h00
Essential
Breath
- 14h30
Tabata
Sweat
Fest
- 15h30
Core
Training

Friday

- 11h30
Cross
training
- 12h30
F-abs
Fridays
- 16h00
Pilates
- 17h00
AquaPilates

Saturday

- 9h30
Yoga
- 10h30
Sound
Healing

Sunday

- 9h30
Walk
- 10h30
Stretch
and Align

Price per session 20€

Previous booking needed

Activities are subject to change

Booking :

Extension - 17256

Phone- 351 282 320 196

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Therapeutic Movement ● ● ● ● ●

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

Simplistic Mobility ● ● ● ● ●

A series of targeted stretching and strengthening exercises to balance the body.

Essential Breath ● ● ● ● ●

A session to discover and free our natural inborn breath, by releasing 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 ● ● ● ● ●

Ancient therapy which aims to connect body, mind and spirit

Body Flow&Free ● ● ● ● ●

Freedom movements, activating your inner balance, developing vitality and flexibility.

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.

FitBall ● ● ● ● ●

Allows you to work the lumbar, leg, gluteal and back muscles
Improves posture and flexibility.

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.

Bootycamp ● ● ● ● ●

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 ● ● ● ● ●

A workout aiming to yield maximum benefits in a short amount of time.

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 ● ● ● ● ●

A series of exercises to tone and strengthen the abdominals.



MENTAL



PHYSICAL