



GINKGO SPA

Fitness & Movement

OUTDOOR COMPLIMENTARY CLASSES

MONDAY – 9:00 AM

Power Yoga

An invigorating, fast-paced class which aims to improve body strength and mobility through core-engaging movements. All levels.

TUESDAY – 9:00 AM

Morning Mobility

This workout combines mobility exercises that increase the range of movements and motions your body can perform. These include flexibility, but also balance, pliability and strength. All levels.

TUESDAY – 6:30 PM

Mindfulness Meditation

This type of Meditation cultivates an increased awareness of the mind and body, in addition to greater acceptance of the present moment. Whilst observing your thoughts and emotions, you will also learn to let them pass without judgement. All levels.

WEDNESDAY – 9:00 AM

Slow Flow Vinyasa

A calming sequence of synchronised movement and breath that creates space in the body, opens the heart and releases any tension.

THURSDAY – 9:00 AM

Core Training

This challenging 30-minute workout is completely devoted to core work. Sculpt your midsection and gain structural strength with crunches, planks and all kinds of great movements to get the best abs. All levels.

THURSDAY – 6:30 PM

Mindfulness Meditation

This type of Meditation cultivates an increased awareness of the mind and body, in addition to greater acceptance of the present moment. Whilst observing your thoughts and emotions, you will also learn to let them pass without judgement.

FRIDAY – 9:00 AM

Restorative Yoga

This relaxing, passive style of Yoga soothes the nervous system through slow, intentional movement, deep breathing and mindfulness. All levels.

SATURDAY – 10:00 AM

Yoga for Kids

This fun, creative and age-appropriate adaption of Yoga introduces children to the main postures of the practice through play.

Duration of each class is 30 or 45 minutes.

The meeting point is at the Fitness Center, please arrive 10 minutes before the class begins.

We recommend booking your place at the Ginkgo Spa reception by dialing #310

Yoga Personal Session

Yoga can bring freedom of movement, strength, flexibility, coordination and balance into the body while relaxing, grounding and freeing the mind. This, in turn, can lead to better posture and a stronger core.

60 minutes / 135€

Personal Training

Reach your personal health and fitness goals supported by our experienced personal trainers, who will evaluate and make recommendations on your lifestyle, health and fitness patterns to create a comprehensive personalized training program that is both achievable and driven by consistent results, allowing you to attain optimal fitness in a realistic timeframe. Our fitness instructor is available for individual or group training sessions.

60 minutes / 150€

Tennis Private / Semi-Private Lesson

Whether you've never picked up a tennis racquet or you want to improve areas of your game, taking private or semi-private is an investment in your physical and mental health and will give you years of pleasure playing a game that is a whole lot of fun.

60 minutes / 135€

Swimming Private Lesson

Swimming lessons aim to teach each individual the fundamentals of swimming, following a structured program in a fun and safe environment. Lessons are available for adults and children of all ages and levels.

To book your appointment with our Fitness & Movement specialists dial #310 or visit the Ginkgo Spa for a personal consultation.