

W COSTA NAVARINO

BALANCE YOUR ENERGY



Open 24/7, this is where state-of-the-art gym equipment, free weights, and a medley of private classes with specialized trainers are available for you to keep you vibrant. During the day, a 25m-long outdoor lap pool is the perfect option for those who prefer to swim and keep up with their daily routine.

Find out More
awayspa@costanavarino.com

FUNCTIONAL TRAINING 60min €100

Train for speed and power, train any movement with the Functional Trainer.

WATER AEROBICS 50min €100

A fun and interactive way to train with stimulating exercises and sport movements in the water.

YOGREAT 60min €100

Build inner balance between body and mind. Meditate and enhance body strength, flexibility, and stamina (Hatha, Vinyasa, Ashtanga, Buti, Sup).

OFF THE MAT 60min €100

Improve your physique and body posture, develop joint elasticity and all body core strengthening with Pilates mat exercises.

CROSS FIT 60min €100

Circuit training combining bodyweight, free weights, and gymnastic exercises.

TRX SUSPENSION 60min €100

A total body workout, perform a sequence of exercises building total body strength and flexibility. Increasing your performance and the level of difficulty by changing the angle of the performed exercise.

GET PUMPED 60min €100

Build strength and muscles by performing a variety of power lifting techniques and machines.

CUT IN HALF 60min €100

Work on your core and balance with standing and active exercises in a full range of motion with bosu.

BURN IT 60min €100

Activate your metabolism, burning fat exercises combined to aerobic orientated training.

SOULCYCLE 60min €100

HIIT workout that involve quick bursts of vigorous exercises followed by periods of lighter activity or rest to let your body recover.

KANGOO JUMPS 60min €100

Interval workout w/ bouncy footwear.

SHARED WORKOUT 60min €55/pp

Partners' session with similar fitness goals. Your instructor will guide you through a challenging and invigorating program.

IN ROOM FIT PERSONAL EXPERIENCE 60min €150

From the convenience of your room train under the guidance of our specialized instructors.

THERABOOT LEG COMPRESSION RECOVERY SESSION 30min €80

Compression therapy to speed up muscle recovery.

RESET FIT COMBO 90min €150

Personal Training continued with Theraboot Leg Compression Recovery Session.