

WELLNESS ACTIVITIES

Disfrute de inolvidables momentos de bienestar

Enjoy unforgettable moments of wellbeing

Finca Cortesin dispone de un magnífico gimnasio de 150 m2 y unos techos de 6 m de altura, con excelentes máquinas para todo tipo de ejercicios cardiovasculares y tonificación. Sus inmensos ventanales de suelo a techo le ofrecen unas espectaculares vistas a los jardines, a una de nuestras piscinas exteriores y, al Mediterráneo en la distancia.

A su disposición y, previa cita, un equipo de entrenadores personales expertos en todas las disciplinas deportivas, yoga y Pilates, le ayudará a sacarle el mayor provecho a sus ejercicios.

Finca Cortesin has a magnificent state-of-the-art gymnasium measuring 150m2 in size with 6m high ceilings, with excellent equipment for cardiovascular exercise and toning. Its huge floor-to-ceiling windows offer spectacular views of the gardens, one of our outdoor swimming pools and in the distance, the Mediterranean Sea.

Also at your disposal by appointment, a team of personal trainers specializing in all areas of health and fitness is on hand to help you get the most from your workout session, in addition to Yoga and Pilates.

ACTIVIDADES WELLNESS / WELLNESS ACTIVITIES

One to One Session

	60´	90´
Yoga	110€	145€
Pilates	110€	145€
Entrenamiento Personal / Personal Training	110€	145€

*Bajo Reserva Previa / Prior Reservation Required

Couple Duo Class

Yoga	80€	95€
Pilates	80€	95€
Entrenamiento Personal / Personal Training	80€	95€

*Price per person

Private Group

Yoga	50€	65€
Pilates	50€	65€
Entrenamiento Personal / Personal Training	50€	65€

*Price per person / +3 people



Política de Cancelación / Cancellation Policy

Cancelaciones con más de 24hrs de antelación sin cargo; entre 24 y 4hrs se cargará el 50%; menos de 4hrs se cargará el 100% del servicio.
Cancellations 24hrs in advance are free of charge; between 24 and 4 hours in advance 50% will be charged; less than 4 hours, total amount will be charged.

Precios válidos desde Enero 2018 a Diciembre 2018 / Prices valid from January 2018 to December 2018 . IVA incluido/VAT included.