

PERSONAL OR GROUP 2-5 persons

Yoga

It is a fusion of breathing and asana focused on flexibility and strength as well as stress reduction.

Pilates

As Joseph Pilates practiced Yoga, he invented his own group of exercises with constant controlled movements developing a strong core and improving coordination and balance.

Stretching

Most recommended in morning hours to stimulate your muscles and joints and speeds up your metabolism.

Aqua Fitness

This type of training gives quicker results without sweating. Perhaps that might be the reason why the attendants get it as amusement in the same time.

Fitness

Training is tailored according to your personal needs.

EMS session

EMS packet (10 sessions)

20 MIN TOTAL BURNOUT

MIHA BODYTEC

Benefits of Electrical Muscle Stimulation training