



# FITNESS ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
morning	09:00	Water Gym				Water Gym		
	09:30							
	10:00	Yoga	Hiking	Functional Training		Yoga	Nature Experience	
	10:30							
	11:00			Gym Instruction		Running		Detox Tea Experience
	11:30							
	12:00	Running			Get-In-Touch Lunch			
	12:30							
	13:30							
afternoon	02:00			Power Workout	Fascia Training	Balance Workout	Power Workout	Gym Instruction
	02:30							
	03:00							
	03:30		Detox Tea Experience		Nature Experience			
	04:00			Yoga				
	04:30							
	05:00				Peeling Experience		Sauna Infusion	
	05:30							
	06:30			Water Gym				

**Nature Experience** Nordic walking or excio-walk, max. 5 persons

**Water Gym** Workout in the water, max. 5 persons

**Yoga** Sessions, max. 5 persons

**Balance Workout** The perfect training for a holistic stability of the whole body.

**Fascia Training** Physical exercises to specifically promote the different properties of the muscular connective tissue, max. 5 persons

**Gym Instruction** Introduction to the fitness devices, max. 5 persons

**Hiking** from easy to challenging, max. 5 persons

**Peeling Experience** in the steam bath in mixed area

**Power Workout** An intensive, dynamic total body workout for strengthening the main muscle groups.

**Sauna Infusion** in the Finnish sauna in mixed area

**Get-In-Touch Lunch** Group lunch with all the participants and coaches of the package, max. 5 persons

**Functional Training** Complex movements that simultaneously exert a range of joints and muscle groups, max. 5 persons

**Running** max. 5 persons

**Detox Tea Experience** Short seminar about detoxifying teas including a tasting, max. 10 persons