



DUNAS DOURADAS
BEACH CLUB
★ ★ ★ ★ ★
ALDEAMENTO TURÍSTICO

Aims of Personal Training (PT)

PT Slim (70 min)

Aids in the loss of body fat, helps tone and redefine your body shape.

PT Strengthened (70min)

Helps to improve performance in a chosen sport or activity and to gain strength and muscle mass.

PT Alight (70min)

Help to restore body balance and symmetry.

PT Flexibility (70min)

To develop and improve joint mobility and flexibility.
To teach the art of relaxation and de-stress!

PT Power Plate (30min)

Individualised training using a vibrating platform.
Ideal for people with physical limitations, osteoporosis, arthritis and multiple sclerosis. It improves blood circulation and develops body strength, balance and flexibility at the same time combating cellulite and fluid retention.