



DOMES AULŪS ELOUNDA

CURIO
COLLECTION
by Hilton™

TRAINING DESCRIPTIONS

YOGA

Yoga is an ancient and complex practice, rooted in Indian philosophy, using postures and conscious breathing in combination with mental focus. It helps to improve general wellness by relieving stress, supporting good health habits, and improving mental/emotional health, sleep, strength, and balance.

PILATES

Joseph Pilates said that the inspiration for his method came to him during World War I. Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Each class will work to balance all muscle groups with strength and flexibility, with an emphasis on challenging the core muscles with each movement.

MOBILITY

Mobility combines exercises that increase the range of movements and motions your body can perform. These include flexibility, but also balance, pliability and strength. A full combination is the best way to avoid injury.

FUNCTIONAL TRAINING

Functional training is a type of exercise that resembles movements you make in your daily life. It can be helpful for athletic performance, injury prevention, and other everyday fitness tasks.

STRENGTH AND CONDITIONING

The most effective way to define and sculpt your body. Includes interval training on the cardio machines and equipment. For maximum fat burn and strength training.

