



Punta
★★★★

Vitality Hotel

www.losinj-hotels.com

Know thyself. Socrates

ABSOLUTE FIT

7 days / 6 nights

We will design a bespoke and unique program especially for you, to follow during your stay.

Select our Absolute Fit program and let our superb trainers help you with every single step. Eight fitness sessions, 2 partial back massages, 2 SECA Body Composition analyses and breakfast with our nutritionist.

ABSOLUTE FIT (Intensive Fitness Program)

- 1xLifestyle & Health consultation
- 1xOutdoor Fitness Training, 45 min
- 1xOutdoor Fitness Circuit, 45 min
- 1xOutdoor Body Weight Training, 45 min
- Indoor Les Mills class, daily, 30 min
- 1xNordic walking - as per weekly hotel schedule
- 1xBody Composition Analysis SECA mBCA
- 1xBreakfast with a nutritionist (up to 5 persons)
- 1xSECA measuring of BMI BMA - Follow up
- 1xBack, neck & shoulders massage, 30 min
- 1xPartial sports massage, 30 min

Skill level: Beginner / Intermediate

Accommodation & meals are not included in this price. Meals served: meat, fish, vegetarian & vegan, gluten free. Free tea, water and fruits at the Wellness area.

Price per person: EUR 282.00 / HRK 2.113.00

