**FITNESS COURSES FOR METNAL AND PHYSICAL WELL-BEING**

**15/18 SEPTEMBER**

FITNESS COURSES FOR MENTAL AND PHYSICAL WELL-BEING OFFER COMBINED THEMATIC TRAINING PROGRAMS WHICH ENHANCE THE MAIN BENEFITS OF PHYSICAL ACTIVITY, JUST USING BODY WEIGHT AND SIMPLE TOOLS LIKE MATS AND BANDS. THROUGH THESE ELEMENTS PHYSICAL ACTIVITY CONFORMS TO THE PERSON'S ABILITIES AND NECESSITIES. LESSONS ARE HELD IN ITALIAN, ENGLISH AND GERMAN UPON REQUEST.

**THURSDAY, 15 SEPTEMBER**

3 PM REGISTRATION OF PARTICIPANTS

5-6 PM COURSE FITNESS PRESENTATION

6-7.15 PM WELCOME WORKOUT

8 PM DINNER

**FRIDAY, 16 SEPTEMBER**

7-8 AM WAKE-UP WORKOUT

8.30 AM BREAKFAST

10 AM NATURALISTIC EXCURSION

1 PM LUNCH

5 PM BENEFITS OF STRENGTH AND RESISTANCE TRAINING

6 PM FUNCTIONAL WORKOUT

8 PM DINNER

9.30 PM THEMATIC FILM

**SATURDAY, 17 SEPTEMBER**

7-8 AM WAKE-UP WORKOUT

8.30 AM BREAKFAST

10 AM NATURALISTIC EXCURSION

1 PM LUNCH

5 PM BENEFITS OF COORDINATION AND FLEXIBILITY TRAINING

6 PM CIRCUIT TRAINING

**SUNDAY, 18 SEPTEMBER**

7-8 AM WAKE-UP WORKOUT

8.30 AM BREAKFAST

10 AM NATURALISTIC EXCURSION AND FINAL MEETING

1 PM LUNCH

**MINIMUM NUMBER OF PARTICIPANTS: 4 PEOPLE**

**RATE STARTING FROM € 141,00 PER PERSON PER DAY**

**THE PRICE INCLUDES ROOM WITH BREAKFAST AND COURSE.**