



## HEALTH CLUB

### OPENING HOURS

Gym: 07:00 - 22:00

Gym office: 09:00 - 13:00

Gym access by finger print

### PILATES

Monday, Wednesday & Friday - 10:00 am

It is necessary to book a place.

Antonio: +34 653 084 477

### PERSONAL TRAINING

We are training professionals.

We can help you improve your golf performance, injury prevention, injury rehabilitation and, of course, improve your quality of life. We can also help you if you are looking for a physical change.

### PRICES

Monthly fee: free for Aloha members.

Personal training: €45/session

Pilates: €10/session

Couple / Group training: ask your coach

**Antonio: +34 653 084 477**

**Cristina: +34 636 137 363**

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