

## Fitness

Our fitness area is roughly 50 square meter, completely Technogym equipped, with a beautiful view on the indoor pool and bis mirrors to perform perfectly your exercises

Our fitness area is equipped as follows:

Clocke area: tapis roulant Run, fitness bike, bike recline, ellittico Synchro, stepper

Fitness area: chest press, shoulder press, pulldown, flat bench press, crunch bench, lower bach bench, chrome wall bars and dump bell from 1 to 10 kilos, normal dump bell from 4 to 22 kilos

If you like to have your personal trainer, please, ask info about the possibility to reserve one.