Ponta Melagrana

FITNESS

Comprehensive Fitness and Pilates Training Programs

Instructor Qualifications:

Our instructors, Nikola and Bozo, are highly educated and certified in Fitness, Pilates, and Gym Training.

Fitness Programs:

Our fitness programs include both cardio and strength training using a variety of equipment:

- TRX
- Bosu
- Various balls (weight, soft, twist)
- Stretch bands

We offer specialized training sessions such as:

- HIIT (High-Intensity Interval Training) including Tabata, Circuit, and Weight Loss routines.

Pilates Training

Our Pilates sessions include Mat, Reformer, and Challenge Pilates, focusing on:

- Strength training
- Proper breathing techniques
- Precise movements
- Concentration

These sessions utilize various props and devices according to the principles of the Stott Pilates school from Canada.