

# G FIT

BY G SPA

## THE CONCEPT

Explore the art of movement, find your rhythm and unlock your body's hidden potential as you discover the inexorable fusion of fitness and wellness at G fit.

## THE GYM AT G SPA



## THE TEAM

It is about more than the latest techniques and high-tech equipment. It's first and foremost about the people, both professionals and fellow members.

Our cadre of physical trainers and physiotherapists is always there to frame your workout and help you tackle all aspects of your customized **functional training** in the way that best suits you: the physical and the mental.

BUILD YOUR **BODY**  
BUILD YOUR **CHARACTER**

# THE PERSONAL TRAINING PROGRAM

In order to deliver a tailor-made program, our trainers set up different **functional assessments** to measure your strengths and weaknesses.

They also provide you with solid health and nutrition guidelines, as well as qualified supervision by trained consultants that guarantee a safe workout.

Your personal limitations are always taken into consideration while your progress is continually monitored in order to adjust the parameters of your workout and provide you with the best results sweat can earn.

# THE FITNESS

A warm, welcoming, green and dynamic space dedicated to a comprehensive and innovative approach to sports, all set within the temple of wellbeing, our gym boasts exclusive features beyond the traditional treadmills, weight and cardio machines:



# I MOOVE

An avant-garde machine with a unique Elispherique® platform, it allows a dynamic and noninvasive approach to your body through its various applications.

Adjust your posture or improve your body balance and coordination with the Fitness Therapy®, Sports, Pro Age, and Rehabilitation modes.

# QUEENAX

Based on a philosophy of interacting with your surroundings, the Queenax allows for multidimensional functional training that will keep your body working hard in tandem with your new gym partner, being everything around you.



# KINESIS™ WALL

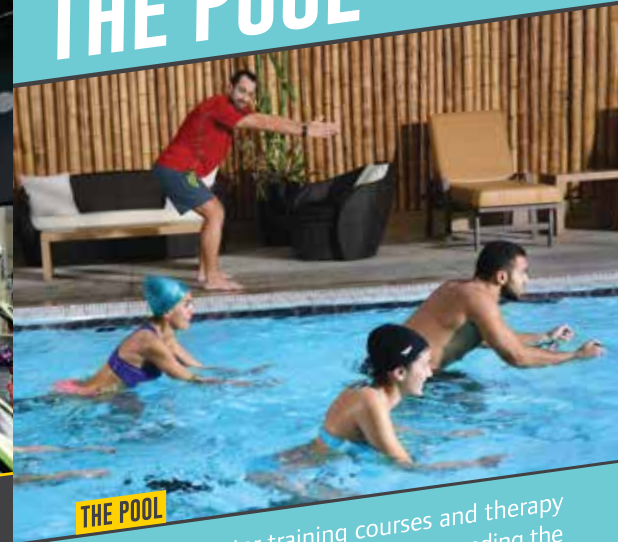
An Italian concept that revolutionizes muscle training, the Kinesis™ Wall initiates your body to a 3D, free-moving workout designed to improve your motor strength, suppleness and resilience, as well as coordination, balance and posture.

# THE STUDIO

Beyond the equipment, the G fit atmosphere is bright, convivial, and filled with like-minded friendly faces all ready to share this unique experience with you across an incredible range of fitness and relaxation courses.

Step into our studio with an explosive mood or the extreme of it while discovering a different pattern of functionality.

# THE POOL



THE POOL

A wide array of water training courses and therapy sessions is available to you in spaces surrounding the gym, such as Water Wellness, Aquacrossfit, Aquaride, Aqua rehabilitation, swimming coaching and more.

Solo or within a group, for athletic or therapeutic purposes, in the pool, the sauna or the Jacuzzi, water is your best ally in the quest for wellness.