

COME JOIN US!

Everyone can join our classes and events. No matter if you are top-trained or beginner, child or adult - the training will fit you perfectly.

YOGA: Yoga flow is a mix of yoga and dynamic movements. Strength, balance, mobility and agility are trained. Instructor guides you through an hour of training that unites body and mind. There are yoga mats and blankets available.

BEACH WORKOUT / OUTDOOR FITNESS: Outdoor Fitness combine strength training and fitness training. It is an intensive hour where you get the whole body trained. Outdoor Fitness is a team for those who want high intensity and lots of energy in your workout.

DANCE FITNESS: Dance Fitness are simple choreographies from various dance styles. Come dance to happy music, 80s hits, Latin rhythms, rolling hips, sweat on your forehead and smile on your face. The choreographies are easy to learn, so **EVERYONE** can join in.

PILATES: Let's go for a beach and focus on core muscles! Pilates improves balance, strengthen muscles, reduces stress level and improves our well-being. It's also a great movement for those who suffer from back pains. Conjunction of strengthening and stretching with elements of deep breath is a magical mixture to stay in balance.

BODY CARE: Awareness of body needs is a key to stay in balance on a daily basis. What is body care? It's breath, imagination and a bit of movement. Self-massages, humming and simple moves are everything you need to care of yourself during a workweek when things are busy and so are you.

DANCE FLOW: So, you think you can't dance? Dancing starts with a movement of your fingers and toes. Discovering what kind of rhythm do you like, new moves and having lots of fun! Wild bouncing or smooth rocking on the beach. At the very end you stay/sit still or lie down and embrace the feeling of movement that remains in your body, the sound of the sea, wind on your skin and breath.

COLOR DANCE: A fun and different dance evening for both children and adults. We dance on the beach to happy music and simple dance steps. Everyone is given Holi colors to throw in the air and on each other. Wear a white t-shirt and come have a great evening full of beautiful colors.

MGP DANCE: Come learn the coolest dance choreographies for the coolest music. The choreographies are easy to learn, so **ALL** kids of all ages can join this party

FAMILIY FITNESS: Fitness, play, sweat on the forehead and lots of laughs for the whole family. Functional exercises are practiced at a crossroads for adults and children. The training takes place through play and small competitions together.