



KIMA FITNESS & HEALTH

Our trained and licensed fitness trainer Melanie will help you to get fit and strong during your Kima Surf Camp.

We offer our guests some exclusive fitness and health packages, from personal training to group classes and beach work outs right at your door step.

Fitness & Health Packages

The following exclusive Kima packages include all transportation.

Fit `n Easy Package.....49 EUR

3 group classes of your own choice (at Motion)

1 beach work out (at Canggu beach, please make an appointment 2 days in advance)

Get in Shape Package.....99 EUR

6 group classes of your own choice (at Motion)

2 beach work outs (at Canggu beach please make an appointment 2 days in advance)

Motion Supreme Package239 EUR

Fitness test and nutrition consultation

10 group classes of your own choice (at Motion)

3 beach work outs (at Canggu beach please make an appointment 2 days in advance)

1 personal training (please make an appointment)

Group classes at Motion Gym

Bodystyling:

Whole body training, strengthens and tones all muscle groups.

Get in shape at your own pace with a low impact work out, using balls, tubes, thera-bands and optional hand weights.

Back & Tummy:

Intensive training to reinforce the deep muscles around your spinal column and abdominal muscles. Ideal for prevention and rehabilitation of back problems and posture weakness. It is only a 30 min. class but you will find out fast: it's enough!

Powerhouse:

Distinctive power training, focussed on the lower part of your body.

Using different kinds of training materials we fight this problem area.

Get a tight butt, firm legs and a strong tummy.

Tae Bo:

This fitness class combines moves of Tae-kwon-do and boxing in a rhythmic freestyle form of exercise. It's the ultimate work-out to give your body a high energy cardio blast. Improves body coordination and tones muscles of your entire body.



keep energy in
Motion

Fitness • Personal Training • Pilates • Yoga • Nutrition

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Beach Work-Out

This intensive work out includes running/walking, high interval training, several different exercises such as push-ups, crunches and stretching. Please make an appointment for this work out at least 2 days in advance.

Price per person: 25 EUR

Personal Training

1 hour personal private fitness training just for you. Melanie will provide an individual work out focussed on your personal goals and needs.

Price for 1 hour: 49 EUR

Tandem Personal Training (for 2 persons): Price for 1 hour: 59 EUR

Fitness Test & Nutritional Consultation

Melanie will check your fitness levels and the state of your body, will provide a general nutrition plan with heaps of information about the right foods and the do's and don'ts of your daily nutrition.

Price per person: 29 EUR



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