



PINE CLIFFS RESORT
ALGARVE

THE
LUXURY
COLLECTION



ACTIVE
Studio



ABOUT US

The Active Studio, located at the center of our resort, was a need due to the growing demand and continuous success of our fitness activities. This way, a wide range of activities will be available to our guests, meeting the individual needs of each one of them, with an innovative approach to fitness and wellbeing.

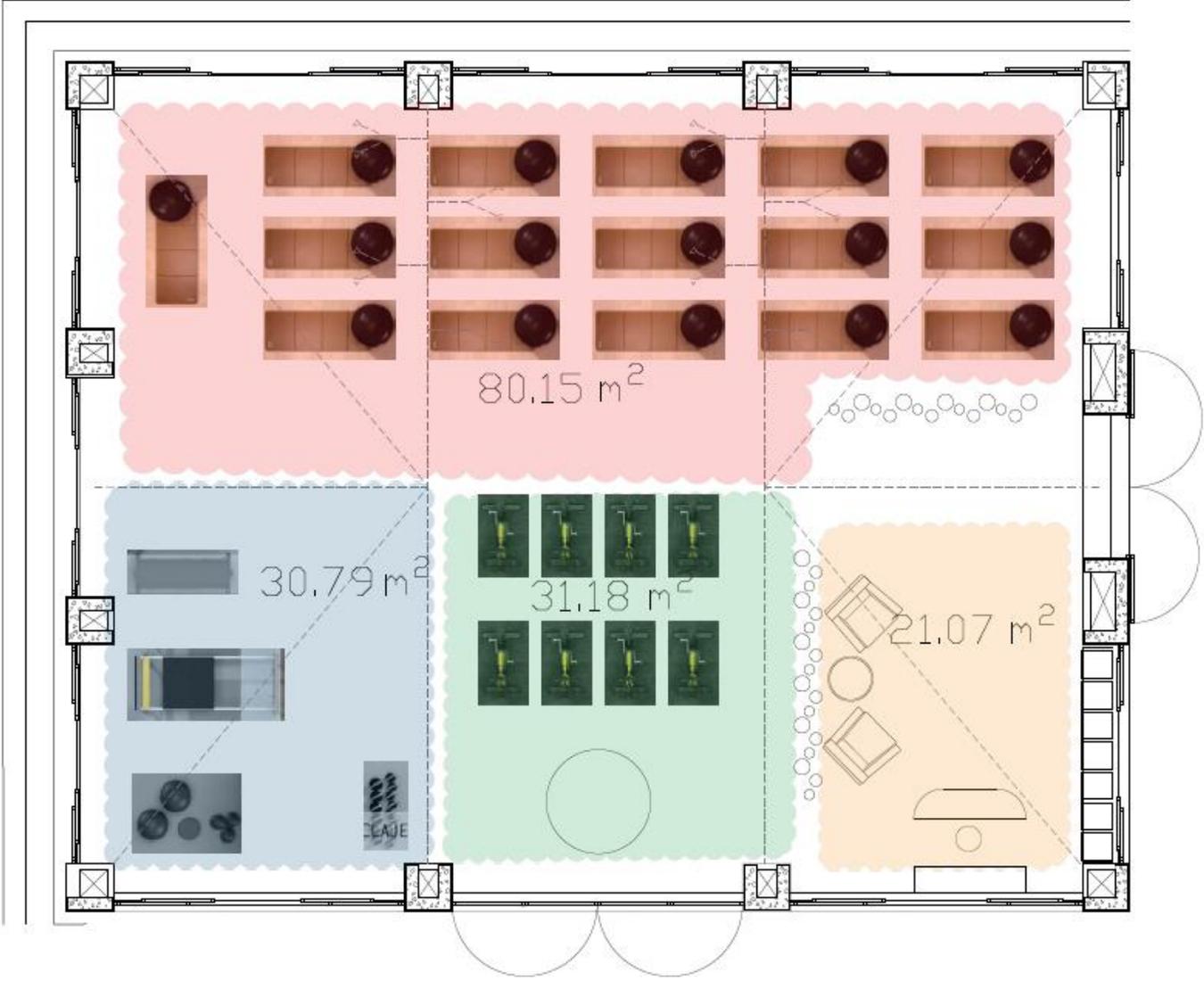
LOCATION



Active Studio



STUDIO LAYOUT



Total Area:
163,19 m²



EQUIPMENTS



Skilltools Technogym



The **Skilltools** were created to specifically target all workout phases: mobility, warm-up, workout and cool down.

- **Mobility** needed to perform to the best;
- **Warm-up** to get my body ready for the workout ahead;
- **Workout** to build, improve, compete;
- **Cool down** to properly recover and prepare for my next session.

OTHER EQUIPMENTS

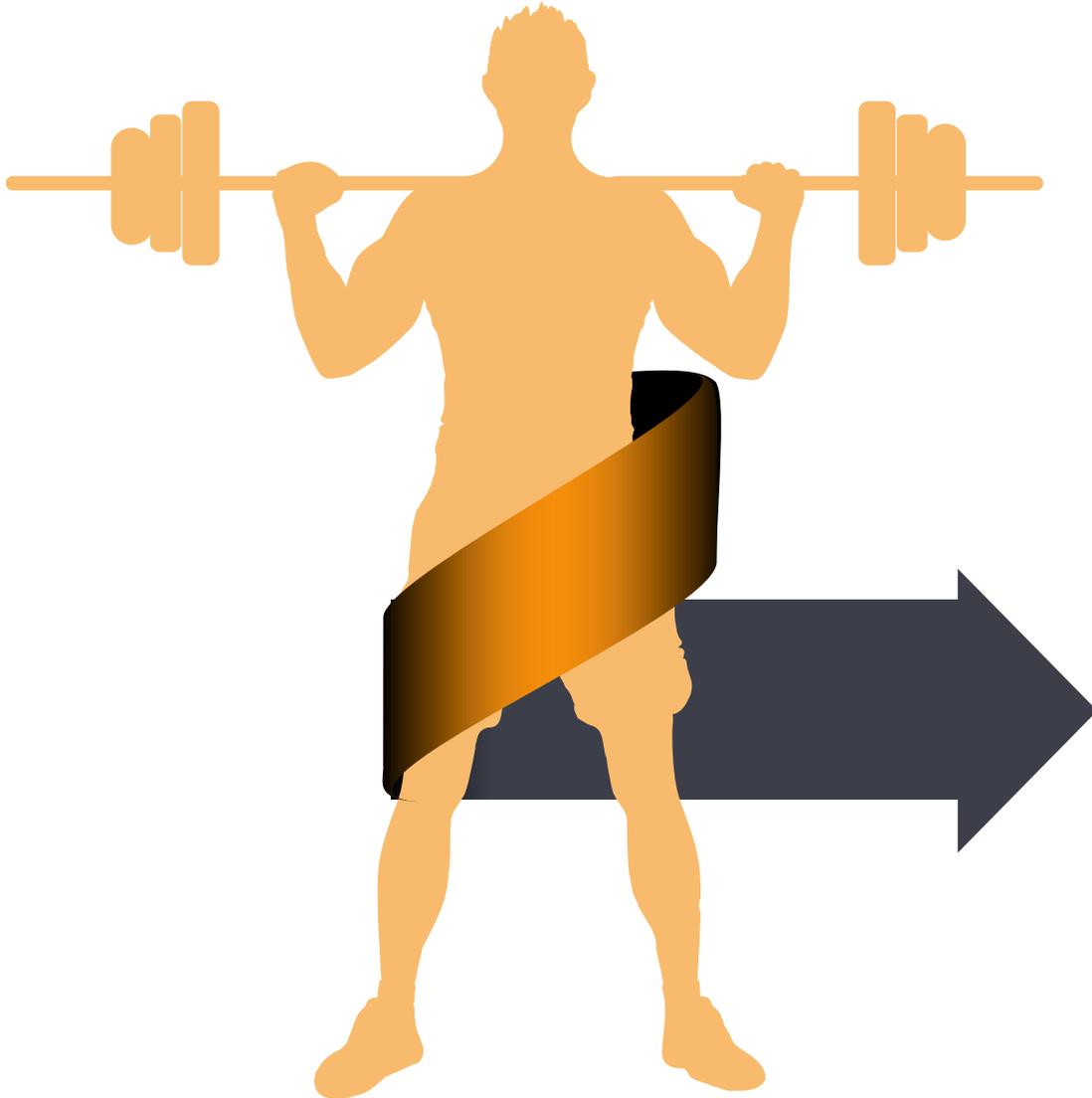
- 1 Pilates Reformer with tower | 25 Mats | 21 Pilates Circle | 9 Pilates Balls | 20 Swiss Balls | 18 Elastic Bands | 30 Resistance Bands
- 9 Technogym Bikes
- 6 TRX | 6 Kettlebell's 4 to 12 kg | Medicine Balls | Dumbbells 2 to 4 kg | Ropes | 2 CrossFit Circles
- 1 Mini Jumper | 4 Ankle Weights | 3 Boxe Bags | 21 Boxe Gloves | 7 Pads | 1 Tower Boxe Bag



Active
Studio

PRIVATE CLASSES

PRIVATE CLASSES



- HIGH INTENSITY TRAINING
- FUNCTIONAL TRAINING
- CROSS FIT
- PILATES REFORMER



HIGHT INTENSITY TRAINING

- A combination of body weight and equipment to perform exercises with high repetitions to get the heart rate up and increase cardio endurance.



FUNCTIONAL TRAINING

- This method train your muscles to work together and strengthen them for daily tasks by simulating common movements you might do at home, work or sports.



CROSS FIT

- CrossFit is a core strength & conditioning program that combines a wide variety of functional movements into a timed or scored workout. This in an new effective way to get fit.

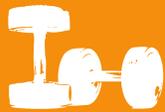
PILATES REFORMER

- The focus of Pilates is to move with confidence, control, and fluidity utilizing proper body alignment. We'll work within your individual abilities, whether you're new to exercise, a body in need of rehab or an athlete. Pilates will help you grow longer, stronger, leaner muscles while preventing injuries thus creating a stronger, functional body in motion.



GROUP CLASSES

Mantenha-se ativo! *Keep Active!*



Level 1: Low Intensity



Level 2: Medium Intensity



Level 3: High Intensity





Group Classes

FitBall

Using the famous Swiss ball, you'll be guided to workout multiple muscle groups with this unstable base.

Max. 20 participants

 Level

 30 min.

Pilates with small equipments

Wellbeing and the perfect fitness challenge aligned to offer you a class that works on your balance, stability and strength... day after day. Class with small equipment.

Max. 20 participants

 Level

 50 min.



Group Classes

Active Suspension Training

Training in suspension is a lesson that challenges the whole body with movements in all planes of motion. You can focus on certain muscles of the body or to tone more accurately a particular region.

Max. 20 participants

 **Level**

 **30 min.**

Boxing Circuit

The real boxing training. Use the skills and strategies of this fighting sport in order to improve your strength, agility, resistance and coordination.

Max. 20 participants

 **Level**

 **30 min.**



Group Classes

Active Cross Fit

A modality that optimizes your physical condition through functional movements performed at relatively high intensity. It benefits to increase strength and muscle mass and reduce fat mass.

Max. 12 participants



Level



30 min.

Active Cycle

A complete and demanding cycling workout with various levels of intensity, this class lets you change gears to reach your goals. Take the lead and become a breakaway specialist.

Max. 8 participants



Level



50 min.

Supplements



We have available a **selection of sports supplementation** that will help you achieve your goals.



Whey Protein Shakes

Vegetal Protein Shakes

Energy Drinks

L-Carnitine

Protein Bars



YOGA & MEDITATION

By:



Serenity
The Art of Well Being

YOGA PRIVATE & GROUP CLASSES



Hatha – It involves a set of physical postures and breathing techniques, practised more slowly and with more static posture holds than other types of Yoga.

Aroma - Essential oils have been used for thousands of years to heal and balance the mind-body connection, since the sense of smell is the easiest pathway to the brain's limbic system where memories, instincts and vital functions are controlled and processed.

Nidra - "Nidra" means "sleep". During the practice of Yoga Nidra, one appears to be asleep, but the consciousness is functioning at a deeper level of awareness. For this reason, Yoga Nidra is often referred to as a psychic sleep or deep relaxation with inner awareness.

Vinyasa - In Vinyasa Yoga classes, students coordinate movement with breath to flow from one pose to the next.

For Kids - Yoga at an early age encourages self-esteem and body awareness with a physical activity that's noncompetitive, fostering cooperation and compassion instead of opposition..

Pre & Post Natal - This is a class for pregnant women and recent mothers. There will be gentle variations on traditional yoga postures that specifically benefit the needs of pregnant women. Mothers will learn to restore their bodies after childbirth.

YOGA PRIVATE & GROUP CLASSES



Meditation - Meditation is a practice of concentrated focus upon a sound, object, visualization, the breath, movement, or attention itself in order to increase awareness of the present moment, reduce stress, promote relaxation, and enhance personal and spiritual growth.

Pranayama - "Pranayama" is the formal practice of controlling the breath, which is the source of our "prana", or vital life force.

Sound Healing - A Sound Healing session is both a passive and participatory experience. The passive aspect is that you become more relaxed by laying down and slowing your breath. By doing this, you prepare yourself to become the receiver of sound. It's in this place of stillness that you participate by becoming more open and aware of each sound that comes in. Sound helps create the pathway to this place of stillness the same as a mantra helps you to arrive at the still point of meditation.

Contacts



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