

NEW WELLNESS PROGRAMS



STRETCH AND MOBILITY

- Increases mobility and flexibility
- Reduces the risk of injuries
- Promotes circulation and relaxation



CORE AND LOWER BODY TONE

- Strengthens abdominal and back muscles, stabilizes the spine
- Tones legs and gluteus
- Improves posture and reduces back pain



FULL BODY DUMBBELL STRENGTH

- Develops muscle mass evenly
- Increases strength, tone, and metabolism
- Improves bone health



BOOT CAMP CIRCUIT TRAINING

- Improves muscular endurance, strength, and overall cardiovascular health
- Helps burn calories and contributes to overall physical fitness



FULL BODY BODYWEIGHT CALISTHENICS

- Develops strength through natural movements
- Improves coordination and conditioning
- Maintains endurance and mobility



BODYWEIGHT HIIT

- Boosts metabolism
- Effectively burns fat
- Improves cardiovascular fitness
- Strengthens the body without equipment



NORDIC WALKING / WALK

- Activates up to 90% of body muscles
- Burns more calories than regular walking
- Positively affects heart and lung health
- Improves balance
- Suitable for all ages

Strong body, calm mind.

Programs are free of charge for hotel and wellness center guests. Prior reservation is required.
031/3155-800, rezervacije@hoteltornik.rs