



Portonovi Training Studio with its unique design contains a Gym space with modern **Technogym equipment** as well as **a studio** for group training (functional training, pilates, yoga, etc..)

Our luxury changing rooms are equipped with lockers, showers along with Rituals Cosmetics and towels for each member.

Our team is here to welcome you and present our offer.

The professional trainers will be your guides into the fitness zone, whether you are a beginner or a long-time enthusiast.

You can schedule **personal** or **duo training (in pairs)**.



GROUP TRAINING

Small group training will ensure that trainers take care more about clients and look more into details, but at the same time, clients will feel the energy of the group. The motivation coming from teamwork and professional trainers is inspiring and gives you a great boost of energy.

Group training (per month)	60€
Gym + group trainings (per month)	100€

GYM

Daily	8 €
Weekly	30€
Monthly	80€
6 months	384€
12 months	720€

PERSONAL TRAINING

A personal trainer can help you identify the best exercise and frequency to support people to reach realistic and achievable goals. Personal trainer:

- Helps to choose suitable exercises and weights, according to training goals
- Demonstrates **correct exercise technique**
- Sets training intensity
- Composes training schedule
- **Motivates** and makes the workout more challenging

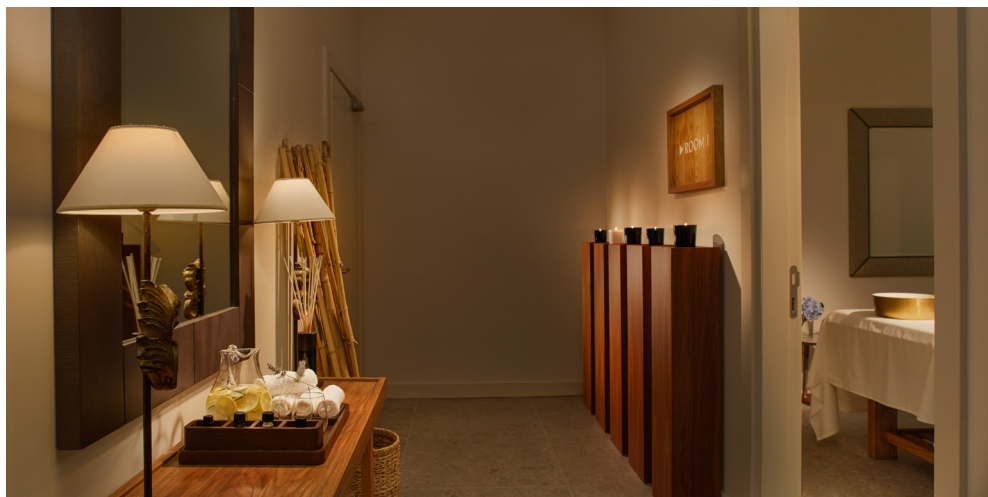


Marina guests are entitled to the following discounts:

20% discount for gym and group training
10% discount on massages

Daily individual training	30€
Individual training 8 classes (per month)	200€
Individual training 12 classes (per month)	280€
Individual training 12 classes (3 months)	756€
Individual training 12 classes (6 months)	1478€
Individual training 12 classes (12 months)	2856€
Individual training 16 classes (per month)	340€
Individual training 20 classes (per month)	390€
Duo individual training 12 classes (per month) (220€ per person)	440€
Duo individual training 16 classes (per month) (260€ per person)	520€
Duo individual training 20 classes (per month) (290€ per person)	580€
Fee for lost membership card	8€

***Individual and duo training sessions include the free usage of the gym.**



Lastly, the treatment area for massages was carefully designed to make the entire space feel cozy and peaceful.

Massage therapy is a vital aspect of post-workout recovery at **Portonovi Training Studio**. Our job is to create a safe space so you can escape and achieve your goals!

MASSAGE

Portonovi body renewal 30min	45€
Portonovi body renewal 60min	70€
Peaceful escape 30min	40€
Peaceful escape 60min	60€
Aromatherapy massage 30min	45€
Aromatherapy massage 60min	65€
Stress release therapy 30min	40€
Stress release therapy 60min	60€

SIGATURE TREATMENTS

Portonovi body retreat 60min	75€
Portonovi body scrub & relax massage 60min	80€



SPECIAL SERVICE - In-room and massage on a boat

Portonovi body renewal 30min	65€
Portonovi body renewal 60min	95€
Peaceful escape 30min	60€
Peaceful escape 60min	85€
Aromatherapy massage 30min	65€
Aromatherapy massage 60min	90€
Stress release therapy 30min	60€
Stress release therapy 60min	85€

SPECIAL TREATMENT

Portonovi body retreat 60min	105€
Portonovi body scrub & relax massage 60min	115€



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