



it

VALLDEMOSSA

THE NATURAL SANCTUARY

COACH – PERSONAL TRAINER INDOOR & OUTDOOR

JON ANDER ARAMBALZA



- **World Champion 2018 OCR, Expedition Race, Prima Quest, Canada.**
- **World Champion AR World Series (Adventure Racing) 2014 and 2015.**
- **Winner of 11 Adventure Racing World Cups in different countries.**
- **Ambassador of Columbia Sportswear Company.**

Maximize your training experience while immersing yourself in the island's beauty. Our customized routes and workouts are meticulously designed to invigorate your senses and optimize both physical and mental goals under the guidance of a top-tier professional. Whether it's refining physical conditioning, adopting healthier habits, addressing lingering injuries, or alleviating discomfort, we cater to your holistic improvement.

Personalized Training Service: €160 per hour.

"DISCOVER MALLORCA" TAILORED TO YOU:

Sport + Culture + Gastronomy

Embark on an exploration of the island and its breathtaking Sierra de Tramuntana through your chosen sport. Delight in a journey of uncovering Mallorca's hidden gems, all while indulging in the island's rich culture and gastronomy, seamlessly intertwining with your athletic passions.

OUTDOOR SPORTS

Road Cycling, Mountain Biking, Trekking, Trail Running

Half-day: 1 to 4 hours duration. Price: €540

Full day: 4 to 8 hours duration. Price: €680

The rate does not include meals, beverages, transportation, equipment.

In case of cancellation 48 hours or more before the reservation, the full amount of the contracted service will be charged.

COACH – PERSONAL TRAINER INDOOR & OUTDOOR

AMAIA MOREDA



Within each of us lies the potential to discover our own inner rhythm, fostering greater well-being and fulfilment in our lives. We extend an invitation to explore the realm of self-discovery through time-honoured disciplines, guided by a seasoned coach with extensive experience in fitness modalities such as yoga and Pilates.

Our training philosophy adapts to your unique energy levels and requirements, ensuring a tailored approach aimed at maximizing your overall well-being.

- Yoga
- Pilates
- Stretching
- Barre Concept
- Fitness
- Aqua gym

Personalized Training Service: €135 per hour, for a maximum of two people.

For a training service with three or more people, we kindly ask you to contact reception.

The hotel offers group classes at no cost to our guests.

In case of cancellation 48 hours or more before the reservation, the full amount of the contracted service will be charged.
We appreciate it if you could check with reception on the day of your arrival for the class schedule.

The Source of life



VALLDEMOSSA

THE NATURAL SANCTUARY

INFO@VALLDEMOSSAHOTEL.COM