

## Fitness Team Building in Slovakia “MOUNTAIN”



### Introduction:

Do you want to take an important step towards improving the health, fitness and overall well-being? Our holiday is designed for men and women of any age and any physical condition. Improving or maintaining a physical and mental fitness requires effort and time. Our approach is unique. During your stay we exclusively look after you, your family, friends or business partners.

**BEST TIME OF THE YEAR: All year round**

### **A) Weekend - 2 nights**

*\* Possible more days*

*Included in price:*

- We accommodate you in a healthy natural environment away from the bustle of the city.
- We will create a comprehensive program to improve your physical fitness.
- We will train you, guide and support you in achieving your goals. You recharge your energy and restore balance.
- 2 x B&B in beautiful mountain accommodation
- 2 x fitness training with professional trainer
- 1 x informal lectures---healthy food/exercise/lifestyle
- Activities during the day: hikes in mountains with guide, rafting, entrance fees to museums and castles, thermal water aqua spa. *\* Depending on the different periods*
- Entrance fees to all museums, spa and other attractions
- Transfers during your staying
- Photos of your Fitness holiday

Optional:

- Airports pick up from – Vienna, Bratislava, Krakow, Budapest, Prague -*The prices depend on the number of persons and are provided on request.*
- Airports drop off – Vienna, Bratislava, Krakow, Budapest, Prague -*The prices depend on the number of persons and are provided on request.*
- Tailor- made tours in Slovakia
- Visiting European cities (Bratislava, Krakow, Vienna, Prague, Budapest) -*The prices depend on the number of persons and are provided on request.*
- Additional Insurance

GENERAL INFORMATION

The cornerstone of stay is the daily morning fitness training. It consists of combination of the following exercises:

- MovNat
- Warm up exercises
- Boxing (*Exercises are inspired by boxing, kickboxing and other martial arts. It is great way to improve strength, stamina and stress buster*)
- Circuit training
- Combination of aerobic and strength building exercises.
- Pilates, Yoga, Stretching
- Stretching and toning exercises
- Breathing and relaxation exercises

The main activity is a combination of:

1. SUMMER: hiking, rafting, mountain cycling, horse riding, climbing, swimming, archery, water sports, sightseeing tours.
2. WINTERL: skiing, snowboarding, cross-country skiing, snowshoeing, dog sledding, sledging, sightseeing tours

Our professional trainer holds several prestigious qualifications:

- Kinetika Personal Trainer

- YMCA Circuit training
- Boxercise Instructor
- YMCA Fitness trainer
- Lifetime Fitness- special population training
- Vitalis-Fitness trainer

***Fitness holiday in Slovakia is the challenge and fun at the same time.***

Our Philosophy: We believe that direct contact with nature, outdoor activities and stay in a quiet and clean environment can restore health and vitality. We offer you a place and training system, in which it is possible to offset the negative consequences of modern life, improve physical fitness, sleep and overall sense of wellbeing. A healthy environment in our chalet and a combination of fitness training and outdoor activities will give you strength and energy. Even small change can bring big results. The true natural state of people is to be strong, healthy, happy and vital.

Accommodation: It is located in a captivating, natural environment near National Park Western Tatras. This is the one of the most attractive parts of Slovakia. It is one of the last authentic mountain villages in Slovakia.

## **Ing. Jana Kahanová- EST Frontier Slovakia**

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