

Do you want to get back in shape, make your silhouette slender or just keep fit and take care of healthy spine?

Adler Medical SPA is a place where you will achieve your goal!

KIND OF ACTIVITIES	TIME	1 ENTRY	CARNET 10 ENTRY
<u>EXERCISES WITH THE INSTRUCTOR</u>	45 min	15 PLN	120 PLN
<u>AQUA AEROBIC</u> <u>+ saunas and spa</u>	45 min+ 15 min	20 PLN	160 PLN
<u>PERSONAL TRAINING*</u>	45 min 60 min	60 PLN 80 PLN	520 PLN 690 PLN

Carnets for activities with instructor are valid 3 months and include body composition analysis.

\*Package 10 personal trainings additionally includes dietary consulting, body composition analysis and monitoring of slimming effects. Time of package validity is 2 months.