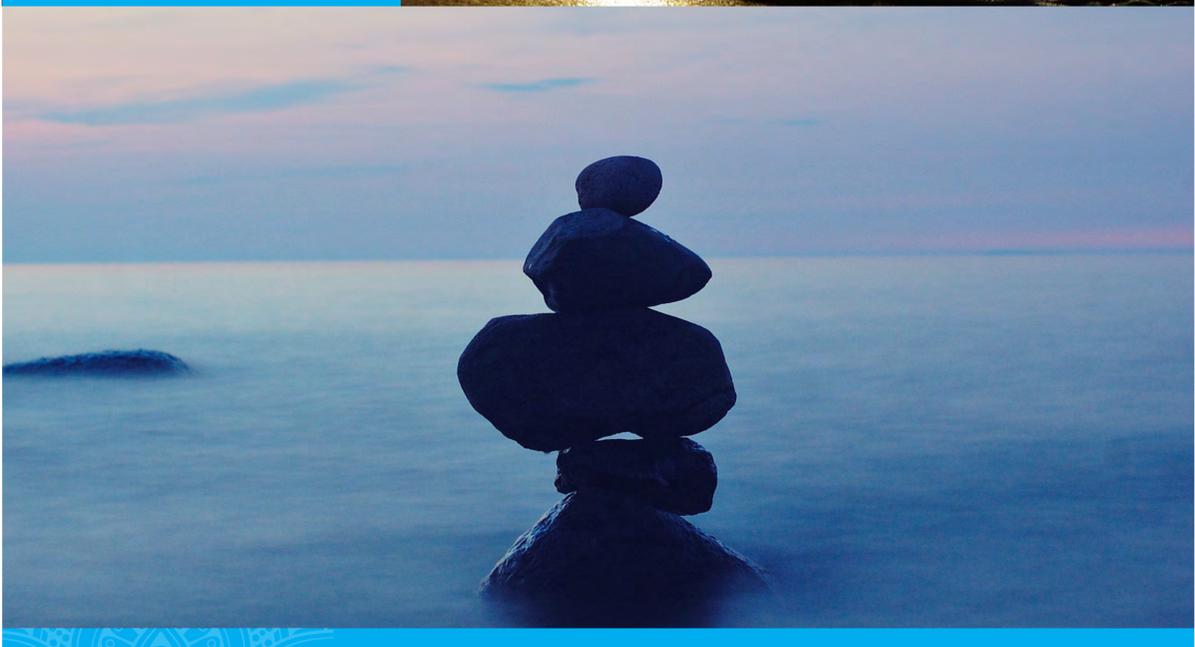


Wellness and Sports Programmes



RIO REAL GOLF & HOTEL
MARBELLA



At Rio Real Golf & Hotel Marbella we take care of every little detail to ensure that every one of your visits is unforgettable.

That's why, as well as a boutique hotel, one of the Costa del Sol's leading golf courses and an exquisite restaurant, you can also enjoy a comprehensive range of wellness and sports programmes, ready for you to book during your stay.



ELECTROFITNESS NEW

The latest celebrity fitness trend, 25-minute sessions in a special suit that tones, stimulates fat loss and builds up muscle, under the guidance of a qualified trainer. Personalised sessions to reach your objectives. Individual or couples.



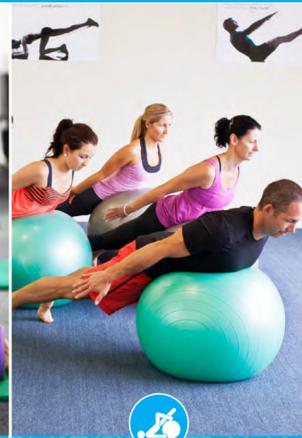
YOGA

A series of concentration techniques and exercises to achieve better physical and mental control. Yoga increases your strength and suppleness, reduces nervous tension and improves your breathing and circulation.



WOMEN'S FITNESS

Training sessions specially for women focusing on legs, buttocks, stomach and arms to reduce fat and tone your body during the sessions.



PILATES

A training programme with controlled movement and coordinated breathing, which focuses on correcting exercises rather than repetition. Pilates builds up your control, strength and suppleness.



BEAUTY & WELLNESS

The Wellness area at Rio Real Golf & Hotel Marbella offers a wide range of treatments for guests (massages and facials) and specifically for golfers (specialized massages).



NUTRITION, DIET AND ANTHROPOMETRIC EVALUATION

Nutrition and diet services focusing on each client's objectives with regular anthropometric evaluations to achieve the objectives more quickly and follow a balanced, healthy diet.



TENNIS & PADDLE TENNIS CLASSES

Personalised tennis and paddle tennis classes for one or more people at the Rio Real Golf & Hotel sports facilities.



PERSONAL TRAINING

Tailor-made sessions with personal trainers to suit your specific requirements, objectives and sports activity.



WORKOUTS FOR GOLFERS

Workout sessions to prevent injury in amateur and professional golfers as well as improve aspects of your game: reach, precision, stretch, endurance over 18 holes, etc.



FUNCTIONAL TRAINING

Workout sessions that aim for optimum muscle performance through creating and reproducing exercises based on everyday actions and sports activity. They improve strength and physical aptitude as well as preventing back ache, accidents and injury.



INJURY AND CONDITION REHABILITATION PROGRAMMES

Entrenamiento orientado a mejorar la calidad de vida de personas con cualquier lesión o patología: lesiones de rodilla, espaldas, cervicales, tobillos, fibromialgia, escoliosis, etc.



PHYSIOTHERAPY & OSTEOLOGY

Sports physiotherapy, kinesiotherapy, manipulative therapy, posture correction, motor control, analytical stretching, taping, massage therapy, etc.



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