

PERSONAL TRAINER

“You are unique, your training should be too”

Personal training Service, after an interview and an initial evaluation, we design an individual training plan according to your personal preferences, particular situation and possible health problems.

Enjoy doing the sport you like best, 100% personalized and adapted to your needs.

Where?

Wherever you want! In your vacation home, garden, the beach or on a boat....

When?

Whenever you want!

We have a flexible timetable, we will adapt to you.

Personal Trainer: 50€ per one hour session (10€ more for an additional person)

Swimming class either in a personal swimming pool or in the sea: 50€ per one hour session (10€ more for an additional person)

PHYSIOTHERAPIST

“It is not enough to treat your injury, we should go to the origin, look for the source and correct it.”

Get to know our innovative method in physiotherapy.

HEALTH - B.A.R. (Body Authentic Revolution)

Come and try our method of injury recuperation HEALTH B.A.R. (Body Authentic Revolution) and put an end to your pain.

Where?

In your vacation home

Physiotherapy in your home: 70€ per session.

Physiotherapy in our office:; 40€ per session.

RELAXING MESSAGES

“It is a moment to relax, empty your mind, get rid of stress and worries and dedicate to yourself”

With the Relaxing Messages from Menorca Trainers, it is time to enjoy, relax and return to peace.

Individual massages or in pairs.

In your home all over Minorca

Relaxing Messages: 60€ per session (options of an individual session or for two people at the same time with two massage therapists, if it is a pair massage the price is 120€)

EXERCISE EQUIPMENT RENTALS

“So that your holidays don't prevent you from following your exercise routine”

We make all types of high quality cardio equipment available to you to be able to follow your daily training.

- Elliptical
- Treadmill
- Step Machine
- Rowing Machine

Price: 20€ per day

BUSINESS PHILOSOPHY

Our professionals are highly qualified, speak English, and know some Italian. We offer professional and exclusive treatment to our users and, of course, maximum discretion.

Services provided for adults as well as children.

We work every day of the week with flexible timetables, we adapt to your needs. The material and products that we use are always very high quality.