

## SENSUM FIT (+16)

- Body Composition Analysis   - Personalised Program   - Personal Training   - Private Pilates Reformer



## TECHNOGYM BRANDED FITNESS EQUIPMENTS

TREADMILL: Run Excite X 7

Synchro Excite X 1

Vario Excite X 1

Set Urethane New Disk 50 mm X 1

CLIMB Climb Excite X 1

BIKE Bike Excite X 2

RECLINE Recline Excite X 2

Adjustable Bench X 1

ADDUCTOR Adductor Element X 1

ABDUCTOR Abductor Antrac Nero X 1

LEG EXTENSION Leg Extension Antrac Nero X 1

LEG CURL Leg Curl Antrac Nero X 1

LEG PRESS Leg Press Antrac Nero X 1

CHEST PRESS Chest Press Antar Nero X 1

SHOULDER PRESS Shoulder Press Antrac Nero X 1

VERTICAL TRACTION Vertical Tr Antrac Nero X 1

LOW ROW Low Row Element X 1

ANTERIOR Anterior FLEXability X 1

POSTERIOR Posterior FLEXability X 1

LOWER BACK BENCH Lower Bench Antrac Black X 1

CRUNCH BENCH X 1

OLYMPIC HALF RACK X 1

OMNIA 3 DUAL LIFT X 1

OMNIA 8 GROUP PACK X 1

SKILLMILL Console X 1

SKILLROW X 1

KettleBell Set X 1

Storage Accessory X 1

Universal Storage X 1

Accessoria C.Stations 5 STD X 1

Cable Stations Connector X 1

2 Tier DB Rack 10 Pair X 2

DUMBELL SET (4 22 kg)

Urethane Dumbell Set (24 - 42 k)

Multipower Antrag X 1

Adjustable BENCH X 3

Scott BENCH X 1

Angled Bar dia. 50 x 1400 Fixed Bar X 1

Barbell X 2

Set Urethane New Disk 50 mm X 2

Dumbell Rack X 1

Urethane Dumbell Set (4 - 14 k)

# LUJO SPORTS ACADEMY

## SPORTS & ACTIVITIES

COMPLIMENTARY

Fitness Room  
 Yoga Classes (Sunrise Yoga, Hatha Yoga, Vinyasa Yoga, Power Yoga)  
 Meditation Sessions  
 Boxing Sessions  
 Tennis Court Usage (Racket & Ball)

Bike Tour  
 Beach Volleyball  
 Table Tennis  
 Exercise Activities  
 Intense Exercise Activities  
 Cycle & Joy (Spinning)

Cross Fit  
 Water Activities (Aqua Dance, Aqua Spinning, Aqua Fitmat)  
 Stretching  
 Mat Pilates  
 Dance Activities (Hip Hop, Zumba, Step Aerobic)

CHARGED

Exercise Assesment (Body Analyzer & Individual Program)  
 Personalized Training Program  
 Personal Trainer  
 Private Pilates Reformer

Bike Rental  
 Hammock Yoga  
 Supplements  
 Pilates Classes

Boxing & Martial Arts  
 Tennis - Private Lessons (Beginner Level)  
 Personalized Training  
 Swimming Lessons (Beginner-Intermediate-Advanced)

## WATER SPORTS

CHARGED

Parasailing, Speedboat,  
 Jet Ski, Banana,  
 Ringo, Water Sports,  
 Flyboard, Water Skiing,  
 Seabob, Licensed or non licensed surfing lessons  
 Catamaran, (not including in hotel, outsource activities)  
 Fishing, Private Swimming Lessons (Beginner Level)  
 Canoe,



\* Lujo Hotel Bodrum reserves the right to make changes on this concept without informing the second and third party individuals and/or corporations.