

Fitness and Wellbeing

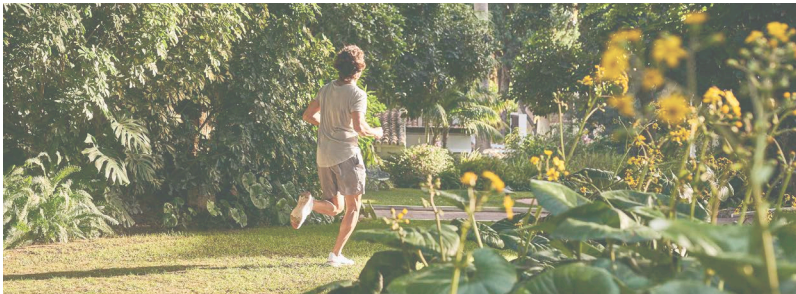
When it comes to fitness and wellbeing, the Marbella Club makes it easy to slide into the right mindset. Our sun-kissed gardens and magical Mediterranean beachside setting, together with our exceptional team of personal trainers and coaches will inspire and motivate you, body and mind.

Body Composition and Metabolism Analysis

Utilising state-of-the-art equipment in order to measure your body composition and resting metabolism, the bioelectrical impedance is an extremely reliable method for body composition analysis. It is fast, consistent, accurate and easy to use. More than weight or body fat percentage levels provided by ordinary scales or calipers, this analysis provides a detailed body scan - weight, body fat percentage, fat mass, fat-free mass, resting metabolism, and hydration levels - all without the inconvenience of more intrusive traditional measurement methods. A Body Composition Analysis shows changes when the scale doesn't, leading to a major increase in motivation during the weight-loss process.

- 30 mins; €100 -

Should you book a Lifestyle and Nutrition Consultation, the value will be reimbursed.



Fitness Consultation

Designed for those who want to know their fitness limitations and potential, you will leave from the consultation with clear goals and fitness recommendations to be followed both during your stay at the Marbella Club and once you return home. All consultations begin with a simple Body Composition and Metabolism Analysis, as well as a quick but extensive assessment of your muscular strength, flexibility and aerobic abilities through a series of exercises and movements. These findings will help your Personal Trainer pinpoint areas that need extra attention and select a personalised list of fitness exercises that will favour short and long-term results from a holistic perspective.

- 60 mins; €130 -

Hiking

Adventure beyond the Marbella Club and discover the best routes for a day's walk through the area's historical and natural landmarks. Our personal trainer will accompany you and will personalise your work-out according to your skill level.

For a full description of the routes available, please contact the Wellness Team.

Personal Training

Whether you are looking for an energising cardio blitz, a peaceful yoga class in the gardens, a strengthening Pilates session or Nordic Walking on the beach front, our personal trainers provide versatile one-to-one training and classes, tailor-made to help you achieve your goals, and designed to leave you feeling revitalised and ready for your day.

- 60 mins; €130 / 3 x 60 mins; €375 / 5 x 60 mins; €590

/ 10 x 60 mins; €1050 -

INTERVAL TRAINING

Cardiovascular activity whereby aerobic exercises are carried out in different intensities at intervals and alternated with dynamic recovery practices.

FUNCTIONAL TRAINING

Fitness activity based on day-to-day motion patterns and physical activities. A full body workout, its key aspects are quality and range of movement. Gain strength, agility, coordination and balance in a fun, dynamic environment.

TRX

Suspension based training designed to enhance strength, balance, flexibility and core stability. Using a portable performance training tool that leverages gravity, you will be guided through several effective yet challenging functional exercises as you use your body weight as resistance.

BOXERCISE

Based on the different training techniques professional boxers use to keep fit. The high-intensity nature of Boxercise as well as quick successions and repetitive movements make it a fat-burning and muscle toning workout. Aimed at men and women of all ages and fitness standards, it is a fun, challenging and safe workout.

CROSS-TRAINING

High intensity functional workout comprising of a range of different exercises: weightlifting, athletics, gymnastics and stamina. A strength and fitness programme to boost physical abilities.

MAT PILATES

A system of exercises designed to strengthen the body and improve core muscle tone. Engaging the mind in the control of the body promotes balance and coordination through breathing techniques.

REFORMER PILATES

A personalised machine-based exercise class in our dedicated studio that promotes length, strength, flexibility and balance.

PREGNANCY PILATES

A series of movements and positions that focus on core stability, strength and overall fitness. Sessions will help improve lower back and lumbar pain, as well as strengthen core and pelvic floor muscles.

PILATES FOR KIDS AND YOUNG ADULTS

Learn to move with ease, build confidence, and develop good posture and form in a fun and engaging class.

YOGA

Yoga strengthens your muscles and bones, as well as cleanses and delays the aging process. Increase flexibility, balance and oxygenation whilst bringing awareness to your mind and body. Our team are qualified in the following practices:

Vinyasa Flow Yoga

A contemporary version of the traditional Ashtanga form of practice. You will be led from pose to pose in an active and vigorous sequence called sun salutations, in which movement is matched to the breath. Classes improve endurance and flexibility.

Hatha Yoga

One of the six original branches of yoga, Hatha encompasses nearly all forms of modern practice. A basic and classical approach to yogic breathing and postures, Hatha appeals to beginners and experts alike.

Yin Yoga

A passive and meditative yoga practice, Yin focuses on lengthening the connective tissues in the hips, pelvis and spine. You will increase flexibility and enjoy a feeling of release and relaxation. It is especially ideal for athletes who need to relieve joint tension and muscular tightness.

Nidra Yoga

Helps to conserve energy and relax the entire system. You will be guided into effortless relaxation through a series of calming methods. Nidra is often used as part of sleep therapy, to prepare the body for meditation or to make your practice more effective.

Kundalini Yoga

Classes include meditation, breathing techniques such as alternate nostril breathing, and chanting, as well as yoga postures. Taught in a series of poses that are designed to create balance through working a particular system of the body. Kundalini Yoga works to strengthen and balance the nervous system, which assists in overall health.

Aerial Yoga

Silks that are suspended from our outdoor structure will support your weight as you ease through the sequence of poses in mid-air. A combination of acrobatic arts and anti-gravity asana, Aerial yoga will help you lengthen your spine, encourage safe alignment and find mobility. This is available as personal training only.

Yogilates

A combination of yoga and Pilates designed to help you achieve both flexibility and strength for physical and psychological wellbeing.

Pregnancy Yoga

Appropriate for both beginners and experienced yogis, pregnancy yoga can help enhance a conscious birth experience. The carefully selected series of postures cultivates breath awareness, improve sleep, increase energy and prepare the body for labour.

Yoga for Kids & Young Adults

A fun way to increase co-ordination, self-awareness and confidence. Learn to relax and connect with your body and mind in a creative setting.

MINDFULNESS

Restoration of inner balance between mind and body. Reduces stress, improves your quality of sleep and general wellbeing and boosts your immune system.

Meditation

Intellectual exercise that brings mind and body into a state of total relaxation. This practice enhances creativity, happiness, general health and understanding.

WATER ACTIVITIES

Paddle Surf

One of the best ways of being in contact with the sea is gliding across it. Borrow a board and enjoy this fun sport off the Marbella Club beach, either individually, as a pair or as a family.

Kayaks

Listen only to the sound of your breathing as you slide across the water during a tranquil kayak excursion along the coastal landscapes.

Windsurfing

Whether you're a beginner or an expert surfer, we have everything on hand that you need to work with the wind. If weather conditions are preferable at a nearby beach, we can arrange a transfer for a small additional charge.

Scuba Diving

Experience an introductory course in Estepona, and head to local sites sheltered from currents and waves, for stress-free diving. A transfer charge will be applied should you need transportation.

For more information, please contact our Wellness team.



TENNIS AND PADEL

Conveniently located just 10 minutes on foot from the hotel, our Tennis Club has been host to the likes of Serena Williams and Novak Djokovic. Improve your game on our eight clay courts or two hard-surface courts or try your hand at padel tennis, the adopted South American sport, which is fun and slightly easier than traditional tennis. Contact us to book.

Towel and mineral water included. Group tennis classes, clinics and tournaments can be arranged. Please contact us for more information.

GOLF

Head to the Marbella Club Golf Club, just 25 minutes away, in the Benahavís hills. A 18-hole Dave Thomas-designed course.

*A complimentary shuttle transfer service is included.
Please check departing and return times with our Concierge.*

HORSEBACK RIDING

Stroll along a peaceful pine forest and through the Benahavís hills or brush up on your showjumping technique. No matter your skill level, horse riding is an unrivalled experience.

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