



# The Sierra Sports & Fitness Club



## Yogalates, Aqua Fitness **LLESLL**

## Lesson Fees

Classes will be held at the Sierra Sports & Fitness Club at Desert Springs Resort.  
We offer a comprehensive and professional service for all ages.

**A UA FITNESS & HOLISTIC THERAPIES**  
**EVERY WEDNESDAY UNTIL THE 31<sup>st</sup> OF AUGUST**

**YOGALATES & A UA FITNESS**  
**EVERY FRIDAY UNTIL THE 31<sup>st</sup> OF AUGUST**

SCHEDULE	DURATION	ACTIVITY	RATES PER PERSON
11 A.M.	45 min	AQUA FITNESS	7€
12 .15 P.M.	20 min	INDIAN HEAD MASSAGE	15€
	20 min	THAI FOOT & LEG MASSAGE	15€

SCHEDULE	DURATION	ACTIVITY	RATES PER PERSON
10 A.M.	1 hour	YOGALATES	7€
11.15 A.M.	45 min	AQUA FITNESS	7€
		COMBINATION OF THE TWO	12€

*For further information and reservations:*

**11AM - 18PM**  
**950 091 545**

[www.desertspringsresort.es](http://www.desertspringsresort.es)

*A Luxury Lifestyle of Your Choice – Where every day's a **Sunday!***



**almanzora**  
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SUN IN THE DEPTHS OF WINTER



**desert springs**  
A LIFESTYLE OF QUALITY  
GOLF & LEISURE