

Fitness Room

Last Updated maandag, 05 november 2007

The fitness facilities are in the basement at the back of the Villa. The fitness room is well-equipped with new professional and medically recognised cardiovascular, weight training equipment for all fitness levels (for instance Cross Trainer, Power Plate, Life Fitness). The entrance at the back of the Villa gives access to the Health centre including the fitness area, the massage rooms, the swimming pool and sauna.

There is also state-of-the-art apparatus available for medical physiotherapy. This apparatus can be used when the physiotherapist or fitness coach is there to advise you.

Two 42-inch screens ensure the necessary entertainment.

