

an ocean odyssey

Festive 2024-2025

ELEVATE FITNESS *with* **ANDREA STUTO**

15 December 2024 - 5 January 2025



“Fitness is a state of mind.”

Raise your fitness game to new heights with Andrea Stuto, a highly accomplished Technogym Master Trainer and Skillathletic Coach.

Designed around efficiency and technique, Skillathletic is an advanced method for athletic training. Under Andrea's careful guidance, you can develop multiple components of physical fitness to enhance your overall performance.

As a former professional beach tennis athlete and head coach at the BTS Beach Tennis School, Andrea brings a world of experience to every session. He also holds a master's degree in Sports Science and Techniques.

JOALI BEING

Fitness Consultation (Individual/Pair)

Before starting your session, meet Andrea for a private consultation covering your needs, priorities and interests. Understanding your fitness level and goals is the key to effective training.

20 mins | Complimentary

Movement Analysis

Using basic motor patterns, this movement analysis collects precise data about physical capabilities and requirements. This allows Andrea to identify your specific needs and areas for improvement.

45 mins | USD 250 per person

Strength & Conditioning Training

Build strength by using resistance and/or overload to induce muscular contraction. This type of exercise offers several benefits, including enhanced muscle mass, bone density, metabolic rate and joint functionality.

60 mins | USD 350 per person

Conditioning Training

Prepare your body for the demands of specific sports, physical activities or general daily tasks. Focused on overall fitness, this type of training improves cardiovascular health along with strength, flexibility and stamina.

60 mins | USD 350 per person

Mobility Training

Unlock your ability to move freely and efficiently, which is essential for performing daily activities, sports and exercise without restrictions or discomfort. Discover better posture and expanded range of motion.

45 mins | USD 300 per person

Bodybuilding Training

Use resistance training to develop and control musculature, paired with scientific nutritional advice from Andrea. Embark on a journey to strengthen your body, discipline your mind and boost your self-esteem.

60 mins | USD 350 per person

Olympic Lifting Training

Enhance athletic performance with new skills that emphasise explosive power, speed, strength and technical precision. Work with Andrea on two main lifts - the snatch, and the clean and jerk - both integral to Olympic weightlifting competitions.

60 mins | USD 400

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*Please contact your Jadugar to book a session with Andrea.
All prices subject to 10 percent Service Charge and 16 percent Government Tax.*