

# TENNIS HIIT LESSONS

“STAY & PLAY” ADULT PROGRAM



## IT INCLUDES

- 60 minute group tennis session. Ratio 1/8.\*
- Classes available from Monday to Sunday.
- Free use of the Fitness Centre with more than 200 supervised activities per week. \*\*
- Free access to the 25m indoor semi-Olympic pool and outdoor recreational pool. \*\*
- Free access to the Beauty Spa with hydrothermal circuit, sauna and Turkish bath. \*\*
- Private parking.

*\*Check-in and check-out on any day of the week.*

*\*\*Only included in the option with accommodation.*

## DO YOU WANT TO IMPROVE YOUR FITNESS WHILE PRACTISING YOUR FAVOURITE SPORT?

Tennis HIIT is an ideal group activity for anyone who wants to improve their fitness while working on the main technical aspects of the game.

Our coaches have designed a new training concept, which combines technical and cardiovascular exercises in a very entertaining way.

The sessions last 1 hour and all exercises take place on the tennis court. The coaches will adapt the activities to the level of the group in order to get the best results.

Tennis HIIT is a very flexible programme as it is fully adjustable to the players' schedule:

- It is available every day of the week, from Monday to Sunday.
- Players can join the programme at any time.
- Training sessions can be booked from 1 to 7 days a week.

MAXIMISE YOUR PERFORMANCE IN AN ENJOYABLE WAY WITH FUNCTIONAL EXERCISES!



## FACILITIES

### - 37 tennis courts:

- 23 hard court (19 outdoor and 4 indoor)
- 14 clay courts (7 outdoor and 7 covered)

### - 12 paddle courts:

- 6 indoor courts
- 6 outdoor courts

### - Fitness centre

### - 1 semi-olympic swimming pool 25m

### - 1 outdoor swimming pool

### - 1 football pitch

### - 1 beach volley court

### - 1 Padbol court

### - 2 squash courts

### - Spa and beauty salon



## THE SAFETY OF YOUR CHILDREN IS THE MOST IMPORTANT THING. TRAIN SAFE!

The facilities of the Academy have been adapted to comply with the safety and hygiene protocols established by health authorities. Thanks to synergy with QuirónSalud (healthcare partner of the Academy) the Rafa Nadal Academy by Movistar has been considered a success story by the press and international institutions, and an example of safety and trust thanks to its management during the health crisis caused by COVID-19.

It has also obtained the seal "Safe COVID-19 Protocol by Quirónsalud" issued by Applus+. This seal certifies the quality and efficiency of the Academy's work processes to guarantee the safety and well-being of all its players. We are very proud of our human team, which has obtained the experience and knowledge necessary to develop a protocol that guarantees a safe stay and sports practice in our facilities.

To guarantee a safe environment, all players and guests of the Rafa Nadal Academy by Movistar must comply with the health measures approved by the Government of the Balearic Islands, which include restrictions on the entry of passengers to Mallorca.

Procedure for passengers from a foreign country: <https://spth.gob.es/>

Procedure for passengers from Spanish territory: <https://www.ibsalut.es/es/viajar-a-baleares>



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