



L I M E G R O V E
F I T N E S S & S P A

METROPOL PALACE BELGRADE



Limegrove Fitness i Spa

Limegrove Fitness i Spa centar nalazi se u centru prelepog starog dela Beograda, u luksuznom hotelu Metropol Palace sa pogledom na očaravajući Tašmajdanski park i prostire se na preko 1200 kvadratnih metara. U okviru njega nalaze se teretana sa kompletnom uslugom, studio za vežbanje, zatvoreni bazen dužine 25 metara, Jacuzzi, terma koju čine sauna, parno kupatilo i hladna soba, spa centar sa 6 prostorija za masažu u kojima možete uživati u jedinstvenim holističkim LI'TYA tretmanima, prostorija za relaksaciju sa predivnom lokacijom, kao i prodajni kozmetički proizvodi i sportska oprema.

The Limegrove Fitness and Spa

The Limegrove Fitness and Spa, located in the center of the beautiful old city of Belgrade in the luxurious Metropol Palace Hotel, with a view over the stunning Tasmajdan Park, spans over 1200 square meters. It encompasses a full-service gym, an exercise studio, a 25m long indoor swimming pool with Jacuzzi, Thermae experience consisting of sauna, steam bath and ice room, a spa consisting of 6 treatment rooms offering the unique holistic treatments of LI'TYA, a beautifully appointed relaxation area, and a retail shop for sportswear and beauty products.

Limegrove filozofija

Oslanjajući se na dugogodišnje iskustvo svog osnivačkog tima, Limegrove Wellness koncept osmišljen je sa ciljem da pomogne članovima da poboljšaju zdravlje, fizičku kondiciju i opšte stanje duha i da ih podstakne na novi, osvežavajući način života u čijoj osnovi se nalazi holistički pristup koji dovodi u ravnotežu naš um i telo. Imajući na umu ovu misiju kreirali smo Limegrove Fitness & Spa Klub koji pruža sveobuhvatno wellness iskustvo i omogućava dugotrajno blagostanje. Ovo blagostanje postiže se korišćenjem različitih sadržaja i usluga čije su osnove fitnes i sport, razonoda i opuštanje, holistički spa tretmani i nutricionističko podučavanje.

The Limegrove Philosophy

Drawing on many years of experience of its founding team, the Limegrove Wellness Concept is targeted at helping members to enhance their overall health, fitness and wellbeing and to inspire a fresh new lifestyle that has at its center a holistic way of living that balances both mind and body. With this mission in mind, we created the Limegrove Fitness & Spa Clubs that offer an all encompassing wellness experience and deliver a longer-lasting state of wellbeing. This is achieved through a variety of facilities and services that have at their core fitness and sport, leisure and relaxation, holistic spa treatments and nutritional coaching.





Limegrove Fitness i Spa sadržaji

Limegrove Fitness i Spa centar nudi širok izbor modernih sadržaja i usluga koje Vam pružaju priliku da živite jedinstvenim i zdravim načinom života. Bilo da su Vaš izbor intenzivni časovi joge, dinamičan trening ili osvežavajuće plivanje u bazenu, možete biti sigurni da ćete na ovom mestu pronaći sadržaje koji Vam odgovaraju, bez obzira na nivo kondicije i lične ciljeve. Naši sadržaji su sveobuhvatni i omogućavaju da svaki zdravstveni i kondicioni zahtev bude u potpunosti ispunjen.

Naši fitness sadržaji obuhvataju:

- teretanu
- studio za grupno vežbanje
- zatvoreni bazen i Jacuzzi
- termu koja obuhvata saunu, parno kupatilo i hladnu sobu
- Limegrove Spa

U ponudi imamo široku paletu usluga kao što su nutricionističke konsultacije i veliki izbor treninga restorativnih vežbi, od aerobika do Hatha joge i pilatesa. Takođe, možete iskoristiti prednosti jedan-na-jedan treninga sa ličnim trenerom koji uključuje fitness paket po Vašoj meri namenjen postizanju individualnih zdravstvenih i fitness ciljeva.

Limegrove Fitness & Spa Facilities

The Limegrove Fitness and Spa offers a range of modern facilities and services that give you the opportunity to live a unique, wholesome lifestyle. Whether you prefer an intense yoga class, a powerful workout or a refreshing swim in the pool, you can be sure to find a service that suits you, whatever your level of fitness or personal goal. Our superior facilities are all encompassing, ensuring that every health and fitness requirement is fully accounted for.

Our facilities include:

- Gym
- Group exercise studio
- Indoor swimming pool with Jacuzzi
- Thermae Experience with sauna, steam room and ice room
- The Limegrove Spa

We also offer a wide range of services such as, nutrition consultations and a full selection of restorative exercise classes, from aerobics to Hatha Yoga and Pilates. Clients can also take advantage of one-on-one personal training sessions, which include tailor-made fitness packages devoted to reaching one's individual health and fitness goals.

Teretana

Limegrove teretana u ponudi ima profesionalne fitness sadržaje smeštene u modernom i sofisticiranom okruženju. Pružamo Vam mogućnost korišćenja potpuno opremljene teretane sa najmodernijom opremom koja je usmerena na jačanje kardiovaskularne i mišićne snage, istovremeno poboljšavajući sveukupno zdravlje, razgibanost i fizičku kondiciju.

Za one koji žele fitness iskustvo jedan-na-jedan, naš tim profesionalnih fitness instruktora uvek vam je na raspolaganju za kreiranje fitness programa prema Vašoj meri i individualnim zdravstvenim, fitness i ličnim ciljevima. Naši fitness instruktori dostupni su u svako doba kako bi Vas vodili kroz svaki korak Vašeg ličnog fitness programa.

Gym

The Limegrove gym offers professional fitness facilities in a modern and sophisticated setting. We provide fully-equipped, state-of-the-art Technogym equipment that is targeted at enhancing cardiovascular and muscular strength while improving one's overall health, flexibility and fitness.

For clients seeking a more one-on-one fitness experience, our team of professional fitness instructors is on hand to create bespoke fitness programmes designed according to your individual health, fitness and personal goals. Our fitness instructors are available at any time to assist you and guide you through every step of your personalized fitness programme.



Termalni deo

Termalni deo spa centra idealno je mesto za pročišćenje Vašeg tela, opuštanje mišića i relaksaciju misli. Iskoristite sve prednosti saune, parnog kupatila i hladne sobe i izložite Vaše telo različitim temperaturnim iskustvima. Korišćenje parnog kupatila idealno je za buđenje kože, čišćenje i detoksikaciju tela. Boravak u parnom kupatilu omogućava slične pogodnosti kao i sauna, koja takođe jača Vaš imuni sistem, oslobađa toksine iz tela i odagnava stres iz Vaših misli. Na dohvata ruke se nalazi i hladna soba osmišljena da stimuliše cirkulaciju i osvežava telo između toplotnih iskustava.

Thermae Area

The Thermae Area is the perfect place to cleanse your body, ease your muscles, and relax your mind. Take advantage of the sauna, steam room and ice room to immerse your body in a variety of temperature experiences. Using a steam room is ideal for waking up the skin, to cleanse and detoxify the body. It offers similar benefits to the sauna, which also boots your immune system, releases toxins from the body and eases the mind from stress. There is also an ice room which is designed to stimulate circulation and refresh the body in between heat experiences.



Zatvoreni bazen

Nakon intenzivnog treninga ne postoji bolji način da povratite energiju i osećaj blagostanja od osvežavajućeg plivanja u zatvorenom bazenu. Bazen sa grejanjem dužine 25 metara obuhvata i Jacuzzi, što je idealan način da se oslobodite bolova u mišićima i zglobovima nastalim nakon vežbanja u teretani.

Nakon plivanja, zašto ne biste iskoristili prednosti dela za relaksaciju sa udobnim ležaljka u mirnom ambijentalnom okruženju. Ovo je odličan način da pobegete od svakodnevnog stresa ili da jednostavno leškarite i opuštate se slušajući umirujući zvuk vode.

Indoor Swimming Pool

After an intense workout there is no better way to enhance your energy and sense of wellbeing than with a refreshing swim in the indoor swimming pool.

The 25-metre heated pool also includes Jacuzzi, which is the ideal way to loosen any stiff muscles and sore joints from a workout in the gym.

After your swim why not take advantage of the relaxation area featuring comfortable, reclining chairs in a peaceful and ambient setting. This is a great way to escape from the stresses of daily life or simply sit back and relax as you listen to the soothing sounds of the water.





Maloprodaja

Limegrove prodavnica nalazi se u blizini recepcije kluba i članovima nudi najnovije inovacije u cilju poboljšanja učinka vežbanja. U ponudi se nalazi sportska oprema i odeća visokog kvaliteta, kao što su naočare, kupaći kostimi, trenerke i drugi proizvodi posebno izabrani kako bi Vam obezbedili komfor i izbor visokog kvaliteta.

Naša LI'TYA prodavnica u ponudi ima širok izbor LI'TYA spa kozmetičkih proizvoda za kožu, kosu i telo. Svi proizvodi napravljeni su na bazi tradicionalnih aboridžinskih biljaka i principa lečenja uz korišćenje čistih australijskih biljaka i organskih sastojaka.

Retail

The Limegrove shop is situated in the reception area of the Club and aims to provide members with the latest in style and innovation to enhance their performance while exercising. They include high quality sports equipment and clothing, such as goggles, swimwear, tracksuits and trainers, which have all been carefully selected to offer you comfort and high quality choices. Our LI'TYA shop includes the full range of LI'TYA spa beauty products for the skin, hair and body. These products are created based on indigenous Australian plants and healing principles, and are made using sustainable, pure Australian botanicals and organic ingredients.

Limegrove Spa

Oslobodite se pritiska svakodnevnog života boravkom u mirnom okruženju spa centra, gde ćete zaboraviti na vreme. Bilo da se odlučite za kratak i efikasan spa tretman ili sveobuhvatno iskustvo isceljenja, Limegrove ima sve što je potrebno za istinsko opuštanje.

U Limegrove katalogu spa tretmana otkrićete veliki izbor LI'TYA holističkih tretmana i proizvoda koji spajaju jedinstvenu filozofiju drevnih Australijanaca, poznavanje biljaka, lekova i tehnika masaže sa modernom tehnologijom. Ova jedinstvena kombinacija omogućava visok učinak i luksuzno spa iskustvo za muškarce i žene. Nakon spa tretmana, priuštite sebi spa kozmetičke proizvode sa pet zvezdica, pri čemu će Vas naš tim kozmetičara uputiti na proizvod koji odgovara specifičnim zahtevima Vaše kože.

The Limegrove Spa

Escape from the pressures of everyday life and transport yourself to the tranquil surroundings of the spa, where time is left at the door. Whether you are after a short yet effective spa treatment or a more all-inclusive healing experience, Limegrove has everything you need to truly unwind.

Why not ask for the Limegrove Spa treatment menu, where you will discover the full range of LI'TYA holistic treatments and products that combine ancient Australian indigenous philosophy, plant knowledge, medicines and massage techniques with modern technology. This unique combination delivers high performance, luxurious spa experiences for both men and women.

After the spa, treat yourself to our five star spa beauty products where our team of beauty therapists will guide you on which products match your unique skin requirements.



USLUGE

Grupni treninzi Telo i um

Poboljšajte Vašu razgibanost, držanje i snagu uz naše sesije Vinyasa joge, Hatha joge i pilatesa. Naši časovi osmišljeni su tako da usklade i poboljšaju kondiciju tela istovremeno vraćajući osećaj mira i smirenosti uma.

Personalni treninzi

Uživajte u personalizovanom paketu vežbi u trajanju od sat vremena sa ličnim trenerom po Vašem izboru. Trener planira program vežbanja posebno osmišljen prema Vašim potrebama, inspiriše Vas i vodi kroz svaki korak vežbanja kako biste postigli Vaš cilj. Naši lični treneri radiće sa Vama na svim ciljevima povezanim sa zdravljem i fitnessom, gubitkom težine, jačanjem mišića, fitness i sportskim učinkom i još mnogo toga. Svi naši treneri su visokokvalifikovani i vođeni savetima našeg fiziologa.

Nutricionistički centar

Pod sloganom Živi dobro uz zdravu i pravilno izbalansiranu ishranu, pomažemo našim članovima i gostima da usvoje zdravije navike u ishrani, da izaberu zdrave namirnice i pravu kombinaciju ishrane i fitness programa uz pomoć koje će postići svoje ciljeve. Vaš uspeh zavisi od individualnog ciljanog pristupa pravilnoj ishrani i fitness tehnikama čija kombinacija odgovara Vama i Vašim ciljevima.

Naša misija je takođe da pomognemo našim članovima da realizuju efikasan i održiv režim kontrole težine, bez napora i živeći ispunjenim, zdravim i prijatnim životom. Naš kvalifikovani nutricionista će raditi sa Vama na postavljanju ciljeva zdrave težine, poboljšavajući Vaš nivo razumevanja o tome koje su namirnice dobre za vas i kako one utiču na Vas fizički i mentalno.

Nutricionista će Vas takođe posavetovati kako da se oslobodite loših navika u ishrani i zamenite ih sa onim koje su zdravije. Vaš trener i nutricionista radiće zajedno kako bi Vam pomogli da postignete najbolji rezultat, bilo da je Vaš cilj gubitak težine i njeno održavanje kada postignete željenu težinu, da se osećate sjajno, izgledate dobro ili da jednostavno živite dobro.

U osnovi, naš cilj je da Vam pomognemo da dostignete i održite zdrav način života.

SERVICES

Body and Mind Group Classes

Improve your flexibility, posture and strength with our Vinyasa Yoga, Hatha Yoga and Pilates sessions. Our classes are also designed to tone and condition the body while renewing a sense of peace and tranquility of the mind.

Personal training session

Enjoy an action packed 1 hour personalized workout with a personal trainer of your choice. The trainer plans an exercise program specifically designed for your needs, and guides and inspires you every step of the workout to succeed with your goal. Our personal trainers will work with almost all health and fitness related goals specializing in weight loss, muscle strength, fitness & sports performance and much more. All our trainers are fully qualified and are guided by our Exercise Physiologist.

The Nutritional Centre

Under the banner Live Well with a Healthy and Well Balanced Diet, we help our members and guests to adopt healthier eating habits, select healthy foods and chose the right combination of nutrition and fitness programmes to achieve their goals. Your success depends on a personalized targeted approach to proper nutrition and fitness techniques that combined are right for you and your objectives.

Our mission is also to help our members to implement an effective and sustainable weight control regime, effortlessly, while living a wholesome, healthy and enjoyable life. Our qualified nutritionist will work with you to set healthy weight goals while improving your level of understanding about what foods are good for you and how they affect you physically and mentally.

The nutritionist will also guide you on how to let go of bad eating habits and replace them with more nutritious, healthful ones. Your trainer and nutritionist will work together to help you achieve the best outcome, whether your goal is to lose weight and maintain it once you accomplish it, feel great, look good or simply Live Well.

In essence our aim is to help you reach and uphold a healthy and wholesome lifestyle.

Limegrove Fitness & Spa Klubsko članstvo

Članstvo za Limegrove Klub osmišljeno je posebno za Vas, Vaše zdravlje i blagostanje.

	Celođnevno članstvo		Poludnevno članstvo*	
	Individualna	Par	Individualna	Par
Godišnja članarina	€1500	€2400	€1100	€1700
Šestomesečna članarina	€1100	€1760	€770	€1200
Tromesečna članarina	€600	€960	€435	€680
Mesečna članarina	€220	€400	€160	€290

(* Za sve poludnevne članarine vreme korišćenja je od 7:00 do 16:00 časova.

Dnevne karte za goste članova

Dnevna karta za jednu osobu	€25 / €30 (sa grupnim treningom)
Dnevna karta za dete člana **	€12

(**) Deca uzrasta do 12 godina moraju biti pod nadzorom roditelja sve vreme.

Programi personalnog treninga

Personalni trening	€15
Personalni trening – 12 sesija personalnog treninga	€150

Pogodnosti članstva u klubu uključuju:

- Korišćenje teretane, zatvorenog bazena i Jacuzzi-ja, saune-parnog kupatila-hladne sobe
- Grupne treninge Telo i um
- Upoznavanje sa opremom u teretani i instrukcijama za korišćenje prilikom registracije
- Širok spektar aktivnosti i časova
- Program preporuke
- 15% popusta na sve usluge restorana i bara hotela Metropol Palace, kao i na standardne cene smeštaja u hotelu, uključujući upgrade u zavisnosti od raspoloživosti kapaciteta
- 10% popusta na sve Spa tretmane i usluge (isključujući specijalne ponude)

Dodatne pogodnosti za avansnu uplatu godišnje članarine uključuju poklon dobrodošlice, dve sesije personalnog treninga i dve poklon dnevne karte za goste člana.

PODMLADITE VAŠ TIM. OJAČAJTE VAŠE POSLOVANJE
u Limegrove Fitness & Spa Centru

Za naš paket korporativnog članstva i povlastice molimo Vas da kontaktirate klub.

Sva plaćanja u dinarskoj vrednosti obračunavaju se po zvaničnom srednjem kursu dinara/eura Nacionalne Banke Srbije na dan uplate.

Limegrove Fitness & Spa radno vreme od 7:00 do 23:00 svakog dana.

Limegrove Fitness & Spa Membership

The Limegrove Club Membership is designed specifically for you the member and with your health and your wellbeing in mind.

	Full-Day Membership		Half-Day Membership*	
	Single	Couple	Single	Couple
Annual membership	€1500	€2400	€1100	€1700
Six-month membership	€1100	€1760	€770	€1200
Three-month membership	€600	€960	€435	€680
Monthly membership	€220	€400	€160	€290

(* For all Half Day Memberships the Visiting Hours are from 7:00-16:00.

Daily pass for member's guest

Daily pass for one person	€25 / €30 (Group classes incl.)
Daily pass for member's child**	€12

(**) Children up to the age of 12 must be accompanied by parents at all times.

Personal Training programs

Personal training	€15
Personal training – 12 Personal Training sessions	€150

Club Member Benefits Include:

- Use of Gym, Indoor Swimming Pool & Jacuzzi, Sauna-Steam-Ice Room.
- Use of the Body and Mind group classes.
- Club and Gym induction upon registration
- Extensive range of activities and classes
- Referral scheme
- 15% discount on all Metropol Palace Hotel restaurants and bars and on standard accommodation rate at the hotel, including room upgrade upon availability
- 10% discount on all Spa treatments and services (excluding special offers)

Additional benefits for annual pre-paid membership includes welcome gift, two personal training sessions and two complimentary guest day-passes.

REJUVENATE YOUR TEAM. ENERGISE YOUR BUSINESS
at the Limegrove Fitness & Spa

For our Corporate Membership Package and benefits please contact the Club.

All payments in dinars will be calculated using the official middle RSD/EUR exchange rate of the National Bank of Serbia on the day of payment.

Limegrove Fitness & Spa opening hours are from 7:00-23:00 daily.



METROPOL PALACE
A LUXURY COLLECTION HOTEL

Belgrade

Bulevar kralja Aleksandra 69, 11000 Belgrade.

Telephone: +381 11 3333 111

Hotel Guests call direct for enquiries on 111

Email: spa@metropolpalace.com

www.metropolpalace.com



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