

Xplore Fitness



FITNESS HEALTH ACADEMY MSM + ENGLISH IN PRAGUE

FILL YOURSELF WITH LIGHTNESS FOR THE WHOLE YEAR AHEAD!



WE love sports and want to fill you up with our love! It is important for everyone to take care of themselves- to listen to their desires, pay attention to the quality of products, keep fit, and manage to have time for exercising and resting. Our sports program is aimed at improving the physical health and strength of fortitude!

Within one month we will teach you how to correctly and harmlessly keep your body fit, you will find out what types of exercises and nutrition programs are suitable for you and, as well as all of this, you will improve your English and experience a great time in Prague!

We cooperate with the elite international fitness centers network Xplore Fitness, which is famous for its highly qualified coaching staff, comfortable and modern conditions for working out, as well as the excellent equipment availability of all fitness centers!



Our fitness program is created in such a way, that before practicing you will become familiar with the theories. In the theoretical part of the training we will talk about muscular anatomy. This will help you to master the exercises' techniques and practice effectively and in the right manner.

Moreover, together we will develop a training programs system; we will learn the basics of sufficient healthy nutrition, and we will conduct stretching exercises and, of course, get down to fitness!

The training sessions will take place at the Xplore Fitness center on Wenceslas Square, where students have access to more than 1,500 square meter fitness center, which is designed specially for effective sports practices!

Aside from the professional fitness training sessions, all participants of the programs will be able to take advantage of the unlimited fitness center services during the whole month: gym and swimming pool, jacuzzi, sauna, spinning etc. Additional bonus: taking an exam and getting a diploma after participating in a special Xplore Fitness course with an opportunity to work as a fitness coach!

Because we love our students, all participants of the program will receive gifts – a sports brand outfit (shorts, t-shirt and a sports bag) from Nike or Joma.

Sport, English and, of course, leisure time activities! Summer is the best time for traveling to new cities, wandering around cozy European streets with new friends...summer is a time of memories!

In addition to intensive fitness training sessions and English classes, a summer culture program is prepared. You will be shown the most attractive areas of Prague, you will visit other towns and cities such as Karlovy Vary, Cesky Krumlov, Dresden, Vienna, Munich, and Berlin, you will visit Prague zoo, play volleyball on a beach, and this takes place within one month!



THE program fee includes:

- Fitness training sessions and English classes;
- Accommodation in Prague;
- Half-board (breakfasts and dinners);
- Cultural program;
- Czech SIM-card;
- One-month transport pass (for all types of public transport);
- meeting at any time of the day and at any place of arrival (airport, bus or train station in Prague);
- transfer from/to airport (at any time of the day and at any place of arrival - airport, bus or train station in Prague);
- Sportswear: shorts, a T-shirt, a sports bag.

Our summer course is an amazing opportunity for yourself to develop your personality and obtain an unforgettable experience for the rest of your life!



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