



# PALASIET

Wellness Clinic & Thalasso

*Activities*

RATES



## 1. Yoga. Hatha Yoga

---

Discipline that combines physical exercise with breathing techniques and meditation. Provides strength, flexibility and balance.

Individual session 90 min	80 €
Group session 90 min	20 €
Monthly voucher group session 1 day/week	62 €
Monthly voucher group session 2 days/week	98 €

## 2. Muscle chain stretching

---

Precise body practice, based on gentle and sustained stretching of muscle chains to find body balance.

Individual session 90 min	54 €
Group session 90 min	20 €
Monthly voucher group session 1 day/week	52 €
Monthly voucher group session 2 days/week	94 €

## 3. Tai Chi

---

Practice that activates the parasympathetic nervous system, reduces stress, improves circulation, coordination, balance and flexibility.

Individual session 50 min	54 €
Group session 50 min	20 €
Monthly voucher group session 1 day/week	52 €
Monthly voucher group session 2 days/week	94 €



## 4. Pilates floor

---

Method of physical exercise to strengthen and balance body and mind.

Individual session 60 min	54 €
Group session 60 min	20 €
Monthly voucher group session 1 day/week	54 €
Monthly voucher group session 2 days/week	94 €

## 5. Pilates machine

---

Physical conditioning activity with the help of equipment specifically designed for the practice of the Pilates method.

Individual session 50 min	54 €
Personalized group session (maximum 3 people) 50 min	31 €
Monthly voucher group session 1 day/week	108 €
Monthly voucher group session 2 days/week	192 €

## 6. Physical-sports training

---

Interview with personal trainer + 1st gym session	33 €
Rest of gym sessions	14 €
Individual training 40 min	53 €
Monthly pass individual session 1 day/week	165 €
Monthly pass individual session 2 days/week	317 €
Monthly voucher group session 2 days/week	86 €
Monthly voucher group session 3 days/week	110 €



# PALASIET

Wellness Clinic & Thalasso

Rates updated in December 2025.  
The rates detailed here are subject to change.  
Please confirm directly with the clinic.  
Prior booking is essential.

C/ Pontazgo, 11 · 12560 Benicasim · +34 964 300 250 · info@palasiet.com  
[www.palasiet.com](http://www.palasiet.com)

Amb la col.laboració de / With the collaboration of



GENERALITAT  
VALENCIANA



TURISME  
COMUNITAT VALENCIANA