
Strength, health,
and quality of life
at every age
STUDIO
Healthy & Fit
TREINO CONSCIENTE



Training goes far beyond **aesthetics**

It is an investment in physical and mental health, promoting greater energy, balance, and quality of life at every age.

more **strenght**

Strength is the foundation of a resilient and functional body, empowering you to face the challenges of everyday life.

more **health**

Taking care of your body is taking care of your future — a commitment to well-being, from the inside out.

Healthy & Fit

Meet our team

Miguel Brito



Technical Director

Bachelor's Degree in Sports Sciences, specialising in exercise prescription and fitness centre activities.

Débora Ferreira



Personal Trainer

Bachelor's Degree in Sports Sciences, specialising in exercise prescription and fitness centre activities.

Carlos Pereira



Personal Trainer

Master's Degree in Physical Education and Sport Sciences – Specialisation in Sports Training.

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Margarida Montes



Personal Trainer

Master's Degree in Exercise and Health

Rita Almeida



Group Trainer

TEEF (Portuguese Professional Exercise Specialist), Pilates and Yoga certifications

Pata Nisca



Receptionist

PhD in Warm Welcomes and Instant Client Care, in charge of creating a welcoming atmosphere, managing refreshments and keeping everyone's spirits up.

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What is our **focus**

We are primarily dedicated to health-oriented physical exercise, with a focus on:

- Cardiovascular, neurological, muscular, bone and liver conditions, among others
- Active, healthy and independent ageing
- Promotion of physical, psychological, emotional and social well-being
- Conscious, safe and sustainable weight loss and hypertrophy
- Post-injury muscle strengthening
- Relief of general, non-diagnosed pain and discomfort

We believe in a multidisciplinary approach, in which physical exercise works in harmony with nutrition and proper stress and sleep management. Only through this alignment is it possible to achieve long-lasting and truly effective results.



What **sets us** apart



1

Beyond the scientifically proven benefits of strength (resistance) training for physical, mental, emotional and social health, training with us means having access to truly personalised support. Each session is carefully tailored to your goals, needs and individual preferences.

2

Our approach is less conventional, with a strong emphasis on health-oriented physical training. We have the knowledge and preparation to work with a wide range of people and contexts.

Whenever a specific need or condition arises that falls outside our previous experience, we are committed to deepening our knowledge in order to ensure safe, effective training fully adapted to each client.

3

In addition, we offer a warm and welcoming environment, designed so that everyone feels comfortable, motivated and encouraged to make training a healthy and consistent habit in their daily routine.

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Physical Assessment

The initial physical assessment is a fundamental and indispensable step for a safe, informed and effective exercise practice. At our studio, completing one of our physical assessments is mandatory before starting the training process.

This assessment is carried out once at the initial stage and has a cost of **€50**. Any subsequent reassessments, performed whenever necessary or whenever the client wishes, are completely free of charge. The approximate duration is 1 hour.

The main objective of our assessment is to gain a true understanding of the body's strengths and limitations. To achieve this, it is structured into five main phases:



Anamnesis

A moment dedicated to getting to know the person better: habits, preferences, difficulties, injury history, illnesses, pathologies, pain, and other relevant information.

General Data

Collection of data such as body weight, muscle mass, lean mass, body circumferences and, when necessary, skinfold measurements.

Balance

Assessment of the ability to maintain balance in situations of instability or imbalance.

Joint Mobility (Flexibility)

Analysis of the range of motion of each joint across its different movement patterns.

Ability to Generate Tension (Strength)

Assessment of the ability to produce force after reaching maximum range of motion, ensuring a safe return to the neutral position.

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Our services and methodologies

IN-PERSON TRAINING



Individual Personal Training

Recommended for individuals who require exclusive supervision and full attention during training, allowing exercises to be adapted and designed according to each specific need, always with a strong focus on safety and injury prevention.

Suitable for:

- People with specific pathologies or health conditions
- Older adults with reduced autonomy
- Post-injury muscle strengthening, especially in the early stages of recovery
- Individuals who have difficulty establishing and maintaining a consistent routine with fixed schedules

PRICES

1x	2x	3x	4x
per week	per week	per week	per week
€40	€37,5	€35	€32,5
per session	per session	per session	per session

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IN-PERSON TRAINING



Dual Personal Training

Two people are coached by a personal trainer, with each client following an individualised training plan tailored to their goals, physical abilities and specific needs.

In this training model, differences in age or gender are not a limitation, as each client follows their own fully personalised plan, adapted to their reality.

This methodology operates with fixed training days and times. However, if both partners agree, schedules can occasionally be adjusted for greater flexibility.

PRICES

1x	2x	3x	4x
per week	per week	per week	per week
€32,5	€30	€27,5	€25
per session*	per session*	per session*	per session*

The monthly fee is calculated at the beginning of each month, based on the number of training sessions scheduled for that period. *Price per session per person.

IN-PERSON TRAINING



In a Group • 3 people

Training program suitable for people of similar ages, body types, and goals.

The group consists of three people who follow the same training plan, always accompanied by a personal trainer responsible for assembling the equipment, guiding, correcting, and providing individualized feedback to each client, ensuring the safety and effectiveness of the training.

This training methodology assumes fixed days and times, with no possibility of alteration.

PRICES

1x	2x	3x	4x
per week	per week	per week	per week
€25	€22,5	€20	€17,5
per session*	per session*	per session*	per session*

The monthly fee is calculated at the beginning of each month, based on the number of training sessions scheduled for that period. *Price per session per person.

IN-PERSON CLASSES



Group Class – Yoga • 8 people

An excellent choice for anyone wanting to take a moment to balance body and mind, while at the same time improving their joint mobility, body awareness, and overall physical condition. Yoga classes combine movement, breathing, and relaxation, thereby helping to reduce stress, enhance overall wellbeing, and improve your quality of life.

The small class size—limited to 8 participants—means instructors can tailor the sessions to each individual's abilities and needs.

PRICES

ONE SESSION	1x per week	2x per week
15€ per session	25€ per month	45€ per month

Monthly classes can't be made up in case of absence.

IN-PERSON CLASSES

Individual Yoga

Recommended for anyone who wants to enjoy all the benefits of yoga with fully personalised one-to-one instruction. Each session is designed specifically for the individual, taking into account their preferences, goals, limitations, physical condition and level of experience. This means that the practice and exercises can be continuously adapted in a safe, effective and sustainable way.

The instructor's individualised supervision ensures a greater focus on technique, breathing and progress, thereby providing a more effective and completely personalised experience.

PRICES

1x	2x	3x	4x
per week	per week	per week	per week
40€	37,5€	35€	32,5€
per session	per session	per session	per session

IN-PERSON CLASSES



Group Class – Pilates • 8 people

Recommended for anyone wishing to improve their posture, strengthen their core and stabilising muscles, and develop greater control of movement—according to individual capabilities. Using safe and progressive exercises, pilates classes help to prevent injuries, reduce musculoskeletal discomfort, and improve bodily function in everyday life, always taking into account each participant's individual needs and abilities.

The small class size—limited to 8 participants— means instructors can tailor the sessions to each individual's abilities and needs.

PRICES

ONE SESSION	1x per week	2x per week
15€ per session	25€ per month	45€ per month

Monthly classes can't be made up in case of absence.

IN-PERSON CLASSES

Individual Pilates

Recommended for anyone wishing to benefit from the Pilates method with exclusive one-to-one instruction tailored entirely to their individual needs. Each session is carefully structured around the client's individual goals, abilities and limitations. This allows for more focused work on posture, stability, movement control and injury prevention.

The instructor's continuous guidance enables ongoing technical correction and appropriately paced progression, ensuring a truly personalised service with a focus on achieving results

PRICES

1x	2x	3x	4x
per week	per week	per week	per week
40€	**37,5€**	**35€**	**32,5€**
per session	per session	per session	per session

ONLINE TRAINING



Personalized Individual Training

Ideal for those seeking close and personalized support without having to leave the comfort of their home or waste time commuting, in traffic, and parking.

The training plan is carefully adjusted to the available space, existing equipment, and, naturally, the physical capacity and goals of each client.

PRICES

1x	2x	3x	4x
per week	per week	per week	per week
€40	€37,5	€35	€32,5
per session	per session	per session	per session

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Amenities

Without any type of commitment — we believe that people should stay with us because of the quality of service, the space, and the results achieved, and not because of any contractual obligation (also applicable to online training).

All insurance and fees included in the final price, with no additional costs

Private parking during training hours.
Parque Devesa e Devesa (Not included in the group classes package)

Individual changing rooms, ensuring greater comfort and privacy.
Training towels included.

Possibility of using the cardiovascular exercise machines independently outside of training hours. (Not included in the group classes package)





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WELL-BEING



Relaxing Massage

Relaxing massage promotes physical and mental well-being, helping to relieve muscle tension, reduce stress and provide a deep sense of relaxation. Through gentle, rhythmic movements, it encourages relaxation, stimulates blood circulation and helps ease accumulated fatigue.
A moment dedicated to you, allowing you to slow down, restore balance and take care of both body and mind.

PRICES

SINGLE SESSION	PACKAGE 10 MASSAGES
50€	400€
1 session / 1 hour	10 sessions / 1 hour each

Massage Amenities

We believe people should choose to stay with us because they value the quality of our service, our facilities and the results we deliver.

All insurance and fees included in the final price, with no additional costs.

Private parking available during massage appointments:
Parque Devesa e Devesa .

Individual changing rooms, ensuring greater comfort and privacy.
Towels and bathrobe included.



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TREINO CONSCIENTE



We're waiting for you to train!

Rua de São Víctor, nº120 - Braga

2ª a 6ª feira de 7h às 21h

Sábados de 9h às 13h

+351 **912 136 623**

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