



ve resimlerle süslenen, yüksek pencereli, dik catılı tas bir romantik bir hafta sonu için özel olarak tasarlanmış resim andırıyor.

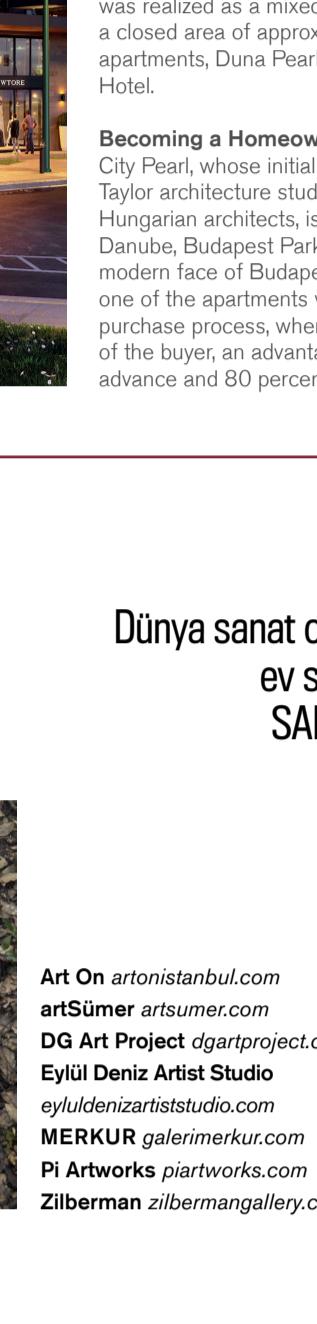
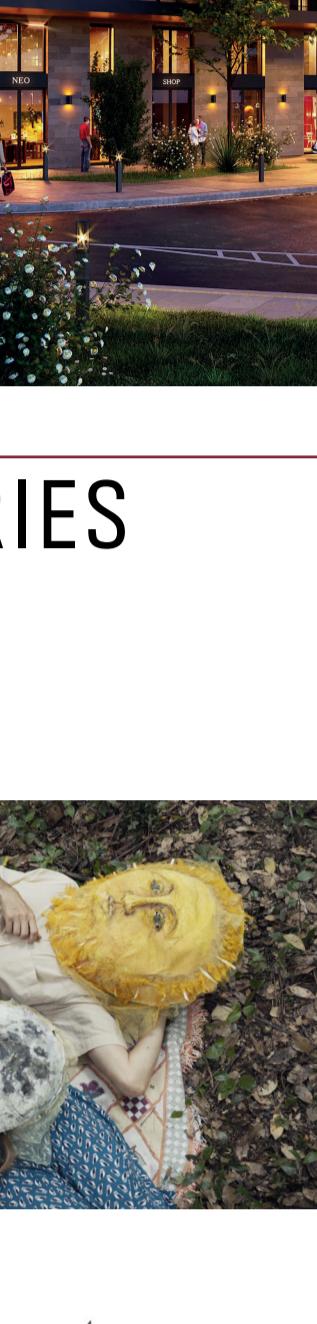
Ayrıca dünyada Budapeste gibi yüzeye ulaşabilen kaplıca baskent yok. Kendinizi simartmak ya da sadece rahatlanmak banyolarından birini deneyimlemek için en az yarım gün

Bu mevsim seyahat planlarınız arasında yolunuzu Budapeste şehrile ilgili detaylı rehberimizi P-Life dergimizin 2. sayısında bulabilirsiniz.

A photograph showing the exterior of a modern residential building, likely Pearl'de. The building features multiple floors with large, illuminated balconies. The architecture is a mix of dark and light materials, with glass railings on the balconies. The scene is set during dusk or night, with warm lights from inside the units and the surrounding area.



Floor  
t Galleries)



**@MERKUR** ([galerimerkur.com](#))  
**Sergi adı/Exhibition name:**  
**Sanatçı/Artist:** Sabire Susuz  
**Küratör/Curator:** Beral Madra  
**Tarihler/Dates:** 21 Eylül/Sep.

**@artSümer** ([artsumer.com](#))  
**Sergi adı/Exhibition name:**  
**Sanatçılar/Artists:** Canan, Ebru, Emel Erdem, Ekin Sacilioğlu, Lale, Cansu Yıldırın, Merve Çanakçı, Serkan Demir, Mehmet Dere.  
**Tarihler/Dates:** 21 Eylül/Sep.

**@Art On** ([artonistanbul.com](#))  
**Sergi adı/Exhibition name:**  
**Sanatçı/Artist:** Bilal Yılmaz  
**Tarihler/Dates:** 2 Kasım/Nov.

**@DG Art Project** ([dgartproje.com](#))  
**Sergi adı/Exhibition name:**  
**Sanatçı/Artist:** Erkut Terlikşen  
**Tarihler/Dates:** 31 Ekim/Oct.



It is recommended that healthy adults get moderate-intensity or 75 minutes of vigorous-intensity aerobic activity per week. This recommendation translates to about 150 minutes of moderate-intensity aerobic activity for five days a week or 90 minutes of vigorous-intensity aerobic activity for three days a week. It is also recommended that strengthening exercises should be done on two days a week.

## EXERCISE PLAN SHOULD BE PERSONALIZED

Some people may need more exercise, while for others less may be sufficient. For this reason, activity and exercise should be personalized together with specialized professionals according to the needs and the physical condition of the individual. Especially if you have concomitant disease, activities and exercises should be supervised by a physician and physiotherapist.

PAZARTESİ MONDAY	SALI TUESDAY	ÇARŞAMBA WEDNESDAY
CYCLE <b>18:45</b> MEHMET	FULL BODY <b>18:30</b> ELMIRA	KICKBOKS <b>19:00</b> ÜCRETLİ PAID
KICKBOKS <b>19:00</b> ÜCRETLİ PAID	STRECHING <b>19:00</b> ELMIRA	CYCLE <b>19:30</b> MUHAMMED
YOGA <b>19:30</b> AYSEGÜL		

Cök uzağa gitmenize gerek yok, Piyalepaşa'nın en büyük spor salonu XOOM Training Club'ta bulabilirsiniz. Fonksiyonel çalışma alanında; özel eğitmenler eşliğinde özel dersler veriliyor, kapalı yüzme havuzunda yüzme dersleri, kickboks ringinde çıraklık dövüş sanatları ve grup dersleri oluyor, ayrıca kişisel gelişiminiz için düzenli olarak gerçekleştirilecek workshoplarla göz atmanızı öneriyoruz. Personal training koçluğu bu işi hızlandırmak ve size özel bir yazılmış bir programla daima fit kalmak da bir çözüm. Yoga'dan crunch'a en hafif egzersizden en ağırına her vücut tipine ve kapasiteye göre dersler bulunuyor. Biri mutlaka size göre!

*You don't have to go far, the XOOM Training Club, the largest gym in Piyalepaşa, offers a functional workspace with private trainers, swimming lessons in the indoor swimming pool, various martial arts and group classes in the kickboxing ring, as well as regular workshops for your personal development. A personal training coach is also a solution to speed things up and keep you fit with a tailor-made program. In fact, we are publishing October's class schedule for you here. From yoga to crunch, from the lightest exercise to the heaviest, there are classes for every body type and capacity. There is definitely one for you!*

## SHOPPING

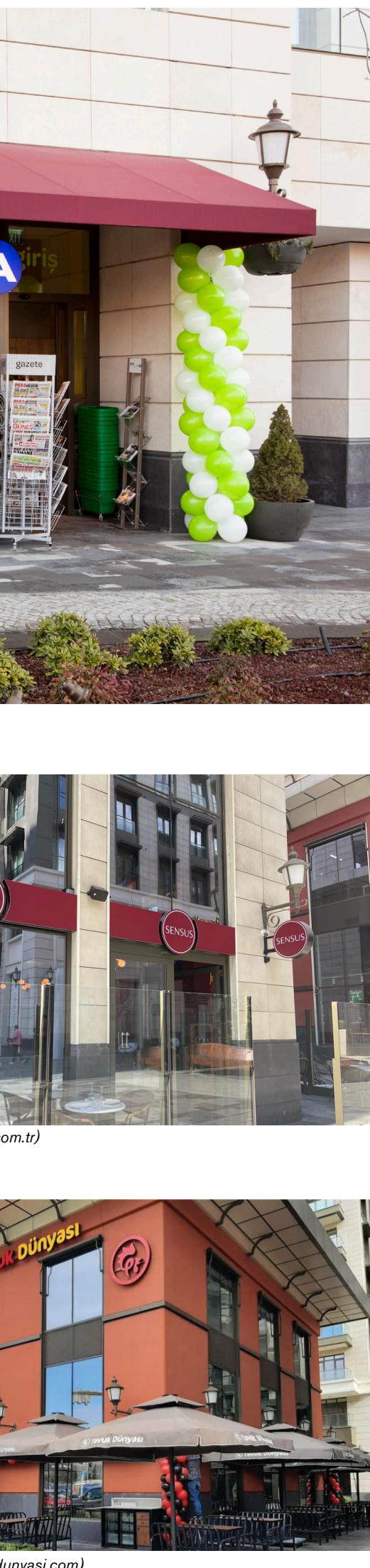
**Big Chefs (bigchefs.com.tr)**

**Mado (mado.com.tr)**  
Paket servis / Takeaway  
0537 050 52 99

**Happy Moons (happymoons.com.tr)**

**Beltur Kafe (beltur.istanbul)**

**Pizza Hut (pizzahut.com.tr)**  
Paket servis / Takeaway  
444 6 555



A decorative outdoor light fixture mounted on a building, featuring a glass lantern and a hanging planter.

