



- **YOGA**

Build inner balance between body and mind. Meditate and enhance body strength, flexibility, and stamina.

(Hatha, Vinyasa, Flow, Dance, Power, Buti).

- **PILATES**

Improve your physique and body with Pilates mat exercises.

- **FUNCTIONAL TRAINING**

Train for speed and power, exercise every muscle with a total Body program.

PRICE:

GROUP CLASSES

30,00 EUR // 50 min per person

PERSONAL TRAINING

80,00 EUR //50 min per person

All fitness classes can take place indoors or outdoors. We have a Yoga deck next to the water lilies pond, and sunbeds ideal for day relaxation and star gazing. Our outdoor deck is located in front of the Gym surrounded by the fir trees of the forest overlooking the emblematic Mainalos mountain.

- **CROSS FIT**

Circuit training combining bodyweight, free weights, and fitness exercises.

- **RESET YOUR METABOLISM**

Activate your metabolism. Burning fat exercises combined with aerobic training.

- **HIIT**

A workout that involves a quick burst of rigorous exercises followed by periods of lighter activity or rest allowing your body to recover.

For information and Reservations:

Contact us at T. +30 2710 309009.

(Ext. 500)