

## DOMES FITNESS & WELLNESS PROGRAM 2021

It's Time.

We are so proud to introduce our new workout regimen.

Brand New Wellness signature fitness programs, all running under the same tailor-made guidelines in every one of our resorts. All classes are personalized, goal oriented and reflective of the concept and natural environment of each hotel.

Designed with extra care and remarkable work/effort, by our Expert Fitness Coaches.

Wellness is a journey, not a destination. Our certified trainers are equipped with the skills and methodologies to make our new training experiences memorable and transformative for all our guests! Our main goal is to help you embrace the majestic landscape through active outdoor reconnection, immerse yourself into the liquid playground, inspire you to aspire and return home feeling reborn, and looking your best self.

The Island and You.

Age old, indigenous wisdom, in a climate that allowed ancient Greek civilizations to thrive, Mediterranean healing power, and Domed architecture designed to recenter, ground and connect you to the Island.

From tired to inspired.

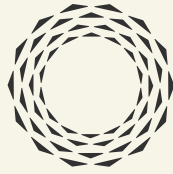
It is time to restore what has been lost. Allow the Mediterranean breeze to whisper lifelong rituals that you can take with you when you return home, relaxed, with a newfound realization of what is important, ready to create again.

Aspiration becomes identity. Meet the new you.

Natural. Spiritual. Intense. Improved diet, self-care, fitness goals, treatments that press refresh; whatever you had wished for yourself, our dedicated staff is prepared to help you achieve. Expect compliments when you introduce the renewed, radiant you, and cherish everlasting memories of how you outdid yourself this summer!

**Domes Resorts & Reserves**

DOMESRESORTS.COM



## Domes Miramare Fitness Program & Active Recovery Day

“Elevate your expectations”

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	Training Day	Training Day	Active Recovery Day	Training Day	Training Day	Active Recovery Day	
<b>7.30 - 8.10</b>	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	Open Gym
<b>9.00 - 10.00</b>	FreeDOME	FreeDOME	Recovery Cardio	FreeDOME	FreeDOME	Recovery Cardio	Open Gym
<b>10.00 - 11.00</b>	Airobic Capacity	Airobic Capacity	Coaches choice	Airobic Capacity	Airobic Capacity	Coaches choice	Open Gym
<b>11.30 - 12.30</b>	Pilates	Pilates	Mobility	Pilates	Pilates	Mobility	Open Gym
<b>12.30 - 13.30</b>	H2dOmes	H2dOmes	Open Gym	H2dOmes	H2dOmes	Open Gym	Open Gym
<b>13.30 - 16.15</b>	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
<b>18.00 - 18.45</b>	Workout of the Day	Workout of the Day	Open Gym	Workout of the Day	Workout of the Day	Open Gym	Open Gym
<b>19.00 - 20.00</b>	Workout of the Day	Workout of the Day	Open Gym	Workout of the Day	Workout of the Day	Open Gym	Open Gym

*\*Workout of the Day: Posted program, without the presence of experienced staff*

*\*Recovery Cardio: Using aerobic machines under the guidance of Instructor*

