

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.

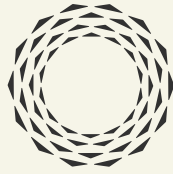
It is time to restore what has been lost. Allow the Mediterranean breeze to whisper lifelong rituals that you can take with you when you return home, relaxed, with a newfound realization of what is important, ready to create again.

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 Zeen Chania Fitness Program & Active Recovery Day

“Fitness never felt so good”

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Training Day	Training Day	Active Recovery Day	Training Day	Training Day	Active Recovery Day	
7.30 - 8.10	Zen at Zeen	Zen at Zeen	Zen at Zeen	Zen at Zeen	Zen at Zeen	Zen at Zeen	Open Gym
8.30 - 9.30	Airobic Capacity	Airobic Capacity	Recovery Cardio	Airobic Capacity	Airobic Capacity	Recovery Cardio	Open Gym
9.45 - 10.45	FreeDOME	FreeDOME	Coaches choice	FreeDOME	FreeDOME	Coaches choice	Open Gym
11.00 - 12.00	Traditional Greek Games	Super Heroes Training	Water Games	Super Heroes Training	Traditional Greek Games	Water Games	Open Gym
12.30 - 13.30	H2dOmes	H2dOmes	Pilates	H2dOmes	H2dOmes	Pilates	Open Gym
13.30 - 16.15	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
18.00 - 18.45	Muscle Strength (lower body)	Muscle Strength (upper body)	Open Gym	Muscle Strength (lower body)	Muscle Strength (upper body)	Open Gym	Open Gym
19.00 - 20.00	Sunset Yoga	Sunset Yoga	Open Gym	Sunset Yoga	Sunset Yoga	Open Gym	Open Gym

**Recovery Cardio: Using aerobic machines under the guidance of instructor*

