

# TRAINING DESCRIPTIONS

## SUNRISE YOGA

Awaken your senses and start your day with serenity at our Sunrise Yoga class. Set against the backdrop of the rising sun and tranquil surroundings, this class offers a rejuvenating experience for both mind and body. Join us to embrace the peaceful energy of the morning and set the tone for a fulfilling day ahead.

## SUNSET YOGA AND MEDITATION

Unwind and recharge with our Sunset Yoga and Meditation class, set amidst the breathtaking hues of the evening sky. As the sun dips below the horizon, join us for a tranquil session designed to promote relaxation and inner peace. Experience the beauty of dusk while rejuvenating your body and mind in our serene setting.

## PILATES

Discover the power of Pilates at our hotel's class. Join us for a dynamic session that focuses on strengthening your core, improving flexibility, and enhancing overall body alignment. Led by expert instructors, our Pilates class offers a personalized approach suitable for all fitness levels. Experience the transformative benefits of Pilates in a welcoming and supportive environment, right here at our hotel.

## YOGA FAMILY

Unite the whole family with our Yoga Family class. Share moments of joy and wellness as you practice yoga together amidst the serene surroundings of our hotel. Led by experienced instructors, this class offers fun and engaging yoga poses suitable for all ages and levels. Strengthen bonds, promote well-being, and create lasting memories as a family at our hotel.

## BODYWEIGHT TRAINING FOR TEENAGERS

Energize and empower teenagers with our Bodyweight Training class. Tailored specifically for young adults, this session focuses on building strength, flexibility, and confidence using only bodyweight exercises. Led by certified instructors, our class offers a safe and supportive environment where teenagers can improve their fitness levels and develop healthy habits. Join us for an engaging and energizing workout experience at our hotel.

## FUNCTIONAL TRAINING

Revitalize your fitness routine with our Functional Training class. Designed to enhance strength, agility, and endurance, this dynamic session offers a full-body workout suitable for all fitness levels. Led by experienced trainers, our class incorporates functional movements to improve everyday activities and overall fitness. Join us and experience the benefits of functional



DOMES ZEEN

GHANIA-CRETE

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COLLECTION