

TRAINING DESCRIPTIONS

YOGA

Yoga is an ancient and complex practice, rooted in Indian philosophy, using postures and conscious breathing in combination with mental focus. It helps to improve general wellness by relieving stress, supporting good health habits, and improving mental/emotional health, sleep, strength and balance.

PILATES

Joseph Pilates said that the inspiration for his method came to him during World War I. Pilates class focuses on strength, stability, posture, proper breath control and flexibility. Each class will work to balance all muscle groups with strength and flexibility, with an emphasis on challenging the core muscles with each movement.

STRENGTH & CONDITIONING

The most effective way to define and sculpt your body. Includes, Emoms, Amraps, interval training on the cardio machines and equipment. For the maximum fat burn and strength training.

BODYWEIGHT BOOTCAMP

This high-energy, functional training session combines calisthenics circuits, playground workouts, and power exercises to challenge your strength and endurance. Whether you're working on full-body strength or boosting your energy, this session is designed to push you to your limits. And to recharge, a refreshing smoothie will be waiting for you at the end!

KIDS YOGA

Kids yoga is a fun and engaging practice designed to help children develop attention, focus, physical skills, and cognitive and social abilities. This practice includes age-appropriate games and creative names for poses, making yoga an enjoyable experience while promoting overall growth and well-being.



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