

Fitness & Movement



COMPLIMENTARY CLASSES

MONDAY – 8:00

Morning Stretching with Andreas

Full body stretching exercises focusing to wake up our muscles and move better.
All levels.

TUESDAY – 19:30

Vinyasa Flow with Eirini

A creatively sequenced Yoga class, guided by the breath whilst developing deeper flexibility in the body.
All levels.

WEDNESDAY – 19:30

Cross Training with Andreas

A 45min full body and fat burning work out using the newest equipment and the giddiness of our experienced fitness instructor.
All levels.

THURSDAY – 8:30

Core Flow with Eirini

This class is focused on helping you gently build strength in your core. Strengthening and developing our awareness of our core helps deepen the entire practice.
All levels.

FRIDAY – 8:00

Core Stretching with Andreas

Stretching and movement exercises to strengthen the core muscles.
All levels.

Duration of classes 45 minutes

Meeting point is at the Fitness Gym, please arrive 10 minutes before the class begins.

Maximum attendance 8 guests per class.

We recommend to book your place at the Ginkgo Spa reception by dialing #310



SANTA MARINA
MYKONOS

Fitness & Movement



INTERVAL OUTDOOR TRACK

A unique movement activity around the premises of Santa Marina specially designed to engage guests with the environment and at the same time to improve fitness activity. Andreas, our specialist personal trainer will guide you through the track to achieve personal goals.

Maximum guest number: 8

The guests before participate must sign our consultation form and waiver.
Participation through booking at Ginkgo Spa reception by dialing #310

Date & Time of activity: Monday to Sunday 19:30 | Meeting point: gym

Price per person: 80€

Activity: outdoor jogging, walking & full body work out

Distance: 0, 82 (km) | Duration: 60 minutes

Route: uphill, downhill, stairs, sand

Levels: All

PERSONAL TRAINING

For those wishing to pursue individual health and personal goals, meet our personal trainer Andreas, who is available to meet and design a bespoke individual training program. Personal training is available for all levels of fitness, either at the gym, your Villa or Suite and outdoors. Sessions can include interval tracks, intelligent circuits to boot camp style workouts.

Duration: 60/90minute Price: 110/160€

Couple/3 persons: 50/75€

YOGA SESSIONS

An ancient practice that balances body, mind and spirit yoga is well known for its strength enhancing and calm inducing practices.

At Santa Marina we offer Yoga private sessions for all levels with our experienced Yoga instructor Eirini either at the privacy of your villa or outdoors with breathtaking views of Aegean Sea.

Duration: 60/90minutes Price: 110/160€

Couple/3 persons: 50/75€

To book your appointment with our Fitness & Movement specialists dial #310 or visit the Ginkgo Spa for personal consultation.



SANTA MARINA
MYKONOS

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