

Thalassa Spa Fitness Programme

Group Sessions

MONDAY	10:00 – 10:45 DEEP DYNAMIC STRETCH	
TUESDAY	10:00 -10:45 PILATES-INSPIRATION	16:30 – 17:15 WATER WORKOUT
THURSDAY	10:00 -08:45 FAB FUNCTIONAL FITNESS	16:30 – 17:15 WATER WORKOUT
FRIDAY	10:00 -08:45 PILATES-INSPIRATION	16:30 – 17:15 FAB-FUNCTIONAL FITNESS
SATURDAY	10:00 – 08:45 DEEP DYNAMIC STRETCH	16:30-17:15 WATER WORKOUT

Please contact Spa reception to make your reservation. Pre-bookings are essential 24hrs in advance. **€35.00 per person per class.**

Cancellation Policy: As a courtesy to other guests, please give us at least 4 hours' notice if you must cancel an appointment. Please note that there is a cancellation fee of 50%.



Thalassa Spa Fitness

Stay fit and healthy during your vacation at the Anassa. We offer a selection of group classes and corresponding dining options.

Private sessions of **Aqua Tone** are available in your pool suite or villa - or experience a **tailor-made personal training session** designed to suit your individual needs in our redesigned gym.

Finally, let us tempt you with a bespoke **yoga** lesson in the privacy of your room or our many outdoor locations.

FAB-FUNCTIONAL FITNESS - This very trendy functional workout is simply one that strengthens you in a particular way that directly translates to improving daily life activities.

DEEP DYNAMIC FITNESS - This full body workout focuses on the fundamentals of function, power, and endurance strength training.

PILATES-INSPIRATION - Core exercises to train the muscles to work in harmony encouraging balance & stability.

WATER-WORKOUT - Cardio-toning yet low impact exercises in the Indoor Pool.

TABATA SUPER SERIES – circuit training with short bursts of resistance exercises in frequent repetitions targeting different muscle groups.

YOGA - Ancient practice that involves physical poses, concentration, and deep breathing.