

MERCURE

LARNAKA BEACH RESORT

# GROUP HEALTH ACTIVITIES

## Class schedule 2023

Reserve a spot at the hotel's front desk or contact us directly

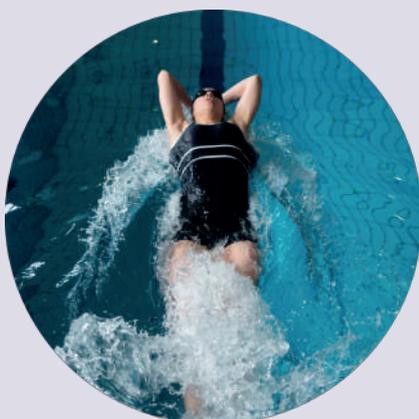
Price: 20 euros pp



### Morning Pilates

Every Wednesday

07:30am - 08:30am



### Aqua Gym

Every Friday

10:00am - 11:00am



### Morning Yoga

Every Saturday

07:30am - 08:30am



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## Yoga & Pilates classes

What is the best way to start your day from an early morning? Maybe a Yoga or Pilates session by the beach? Give yourself a chance to enhance your physical & mental well-being through Yoga or Pilates beach classes, as the gentle backdropped sound of the waves caress the shore and the ambient sunrise... Improve your flexibility with our Pilates classes, which also help to build your muscle strength and tone, all with the guidance of our experienced teacher! The classes are available for both hotel and external guests. Book your spot now either with the front desk or by contacting us at +357 24 333 444. Classes are suitable for all fitness levels.

## Aqua Gym

Let's spend an hour full of music and positive energy at our central hotel swimming pool! Improve your health through the best cardiovascular workout which takes place in the pool! This workout helps to improve your breathing and blood circulation. And with the assistance of our experienced teacher you are guaranteed a great time and a great exercise! The classes are available for both hotel and external guests. Book your spot now either with the front desk or by contacting us at +357 24 333 444. Classes are suitable for all fitness levels.

### Contact info:

**Tel:** +357 24 333 444

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