

TONEGYM

By Eleni Petroulaki

MORE THAN A WORKOUT

It Is Not Fitness, It Is Life.

It Is An Experience!

It Is Wellness!

Getting fit and healthy at Nikki Beach Resort & Spa Santorini is easy and fun. Tone Gym by Eleni Petroulaki provides the ideal setting to replenish energy while offering access to a variety of cardiovascular equipment. Perfect to get your heart levels high or to tone your vital muscle groups before hitting the beach or pool decks. Fitness, Pilates and yoga classes at Tone Gym by Eleni Petroulaki are experiences, created, and developed to bringing results through innovation. Our goal is to inspire and change your mentality about wellness. Eleni Petroulaki with her experienced team along with her sister Nicki Petroulaki will test your limits and inspire results. All yoga, Pilates and HIIT programs can be offered on a personal or a group level.



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GROUP		Time	Location	Duration	Capacity	Rate per person
Group Yoga	Every Saturday	08:00 - 09:00	Deck	60	10	€ 25,00
Group Yoga	Every Saturday	09:15 - 10:15	Deck	60	10	€ 25,00
20FF	Daily	Upon request	Tone Gym	20	4	€ 20,00

Group Yoga: Just next to the sea and in an ambiance of total serenity we transform our body and mind through ASANAS. These special moves and body postures, rooted in antiquity, improve our flexibility, strengthen our spine, and help us gain a lean muscle figure, while at the same time balance and rejuvenate our soul and mind.

20FF: If you want it all, and you want it now, 20FF is just what you are looking for! In just 20 minutes time you will enjoy a full work out, boost your energy levels and increase your muscle tone. A high-volume training programme designed to reinvigorate the whole body!

PERSONAL		Time	Location	Duration	Capacity	Rate per person	Rate per 2 adults
Pilates Yoga	Daily	Upon request	Deck	60	1-2	€ 50,00	€ 85,00
Pilates Yoga	Daily	Upon request	In Room	60	1-2	€ 60,00	€ 100,00
20FF	Daily	Upon request	In Room	20	1-2	€ 30,00	€ 50,00
Day Pass	Daily	Upon request	Tone Gym	All Day	1	€ 50,00	
Season Pass	Daily	Upon request	Tone Gym	All Day	1	€ 800,00	

Pilates Yoga: We choose the programme that better suits our goals and personality! Pilates will help us with any problem in our musculoskeletal system and will strengthen our torso and abs, while yoga will rejuvenate our soul and body with the combination of specialised breathing and exercise-posture techniques. So, are you a Pilates or a yoga type?

20FF: If you want it all, and you want it now, 20FF is just what you are looking for! In just 20 minutes time you will enjoy a full work out, boost your energy levels and increase your muscle tone. A high-volume training programme designed to reinvigorate the whole body!

Day Pass: "Enjoy an action-packed day! Take a day just for yourself and your fitness routine in the state-of-the-art Tone Gym of NIKKI Beach Resort & Spa. Enjoy the ultimate training experience under the guidance of our specialised trainers and feel the immediate lift of your mood and body. And don't forget to indulge in the Cycladic sea and sun at the same time, as the day pass includes a sunbed and umbrella at the beach, after all you are on Santorini island!"

Season Pass: "All-season fitness fun! Created for those who do not wish to compromise and want to take the best care of their body and mind every day of the week, the brand-new Season Pass is sure not only to meet but to exceed their expectations. Offering unlimited access to the Tone Gym of NIKKI Beach Resort & Spa and Yoga Sessions every Saturday, as well as two specialised Bodywork Sports massage treatments (60 minutes duration), it is absolutely sure that during this season you will achieve inner balance along with a perfect bikini body."

OPERATING HOURS 07:30AM TILL 21:00 PM (OPEN TO BOTH HOTEL GUESTS AND NON GUESTS)
VISIT SANTORINI.NIKKIBEACH.COM OR CALL AT +30 22860 37093 TO BOOK YOUR WORKOUT