

Welcome to Almyra Hotel & Village!

Hello and warm welcome to Almyra Hotel & Village! We are delighted to have you and hope you have an amazing experience here. We are proud to be a sports hotel, offering a wide range of sporting activities to suit all levels, as well as plenty of opportunities to relax and recover for those of you who want to take it easy!

Within this welcome material you will find all the information you need regarding all the activities and services we offer, but don't worry, if you have any questions our Apollo/hotel team will be happy to help!

Hope to see you in our classes!

Useful information

For All Inclusive Guests

Breakfast 7.30-10.00

Continental breakfast 10.00-10:30

Lunch buffet 12.30-14.30

Dinner buffet 18.30-21.30

Sport booking and classes

Must be booked at the reception, you will find the booking folder at the desk. You can book one day in advance at 08.00. If you wish to cancel your signed up class, please go to reception and cross of your name.

Be on time for group fitness classes. It is disruptive to the other participants and the instructor when you arrive late. The fitness activity's is for you that is staying at Almyra.

Classes are held in different *platforms*, the platforms are informed in the sports schedule. All of the classes in the sports schedule are *for all levels*!

Booking court outside of social sports hours:

If you want to book a court to play on your own, you can do it in the reception. You will fill your name and room number at the hour you want to go and play. There you can also have rackets and balls to borrow. Remember to return right after use. (Pricelist below).

GYM RULES

Open daily 07.00 – 22.00 (unsupervised 9-20)

- No outside guests allowed into Fitness Centre (except membership clients)
- Minors 12-14 years shall be accompanied by adult. Younger ages not allowed in the gym.
- Shirt shall remain on during training.
- Wear clean clothes while working out. Inappropriate body odor is offensive
- Dry, closed-top athletic shoes are required. No outdoor shoes, boots or sandals are permitted.
- Please return weights and plates when you complete your workout.
- Use the equipment as they are meant to be used. No playing, only training!
- Do not sit on equipment between sets if guests are waiting.
- Do not use weights while on cardio equipment.
- Misuse of the equipment can result in injury and/or damage to the equipment; follow directions and instructions.
- Ask for assistance from the fitness staff if you are unfamiliar with equipment.
- Clean your machine or work out place after usage of cardio equipment are limited to 30 min if there is guests waiting
- Do not disrupt classes
- Do not touch TV screens.
- If not adhering to the policies, you may be asked to leave the facility.
- Management reserves the right to deny entry of anyone who violates the rules.

SPORTS PROGRAM

MONDAY

MORNING

7.30 MORNING RUN @Reception

8.00 MORNING YOGA @Yoga Shala

10.00 WOD – workout of the day @WOD Box

12.00 AQUA @Main pool

AFTERNOON

14.00 SOCIAL PADEL BEG. @Padel Court

15.00 SOCIAL PADEL INT. @Padel Court

16.00 METCON @WOD Box

17.00 CORE @WOD Box

18.00 STRETCHING & MOBILITY @Yoga Shala



REDMARKS require pre booking @ sports booking. Classes with **BLUEMARKS** are with our guest instructors **GREENMARKES** classes are kids or family friendly classes.

SPORTS PROGRAM

TUESDAY

MORNING

8.00 MORNING YOGA @Yoga Shala

9.00 METCON @WOD Box

10.00 SHOWDANCE @Yoga Shala

12.00 AQUA @Main Pool

AFTERNOON

14.00 SOCIAL FOOTBALL @Multicourt

15.00 KETTLEBELLS @WOD Box

16.00 WOD – workout of the day @WOD Box

18.00 STRETCH & RELAX @Yoga Shala



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SPORTS PROGRAM

WEDNESDAY

MORNING

8.00 MORNING YOGA @Yoga Shala

9.00 WOD – workout of the day @WOD Box

11.00 TABATA @WOD Box

12.00 AQUA @Main pool

AFTERNOON

14.00 SOCIAL PADEL BEG. @Padel Court

15.00 SOCIAL PADEL INT. @Padel Court

16.00 CIRCUIT @WOD Box

17.00 FOAM ROLL @Yoga Shala

18.00 STRETCH & RELAX @Yoga Shala



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SPORTS PROGRAM

THURSDAY

MORNING

8.00 MORNING YOGA @Yoga Shala

9.00 SHOW DANCE @Yoga Shala

10.00 WOD – workout of the day @WOD Box

11.00 BOOTY BURN @WOD Box

AFTERNOON

14.00 SOCIAL FOOTBALL @Multicourt

15.00 METCON @WOD Box

16.00 INDOOR CYCLING @Indoor Cycling

18.00 STRETCH & RELAX @Yoga Shala



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SPORTS PROGRAM

FRIDAY

MORNING

8.00 MORNING YOGA @Yoga Shala

9.00 POWER WALK @Reception

10.00 CORE @Wod Box

11.00 WOD – workout of the day @WOD Box

12.00 AQUA @Main Pool

AFTERNOON

14.00 SOCIAL PADLEL BEG. @Padel Court

15.00 SOCIAL PADLEL INT. @Padel Court

16.00 LOWER BODY @WOD Box

18.00 STRETCH & RELAX @Yoga Shala



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SPORTS PROGRAM

SATURDAY

MORNING

7.30 MORNING RUN @Reception

8.00 MORNING YOGA @Yoga Shala

9.00 TABATA @WOD Box

10.00 WOD – workout of the day @WOD Box

12.00 AQUA @Main Pool

AFTERNOON

14.00 SOCIAL FOOTBALL @Multicourt

15.00 UPPER BODY MOBILITY @Yoga Shala

16.00 CIRCUIT @WOD Box

18.00 STRETCH & RELAX @Yoga Shala



REDMARKS require pre booking @ sports booking. Classes with **BLUEMARKS** are with our guest instructors **GREENMARKES** classes are kids or family friendly classes.

SPORTS PROGRAM

SUNDAY

MORNING

8.00 MORNING YOGA @Yoga Shala

9.00 INDOOR CYCLING @Indoor Cycling

10.00 BOOTY BURN @WOD Box

11.00 CIRCUIT @WOD Box

AFTERNOON

14.00 SOCIAL FOOTBALL @Multicourt

15.00 FOAM ROLL @Yoga Shala

16.00 METCON @WOD Box

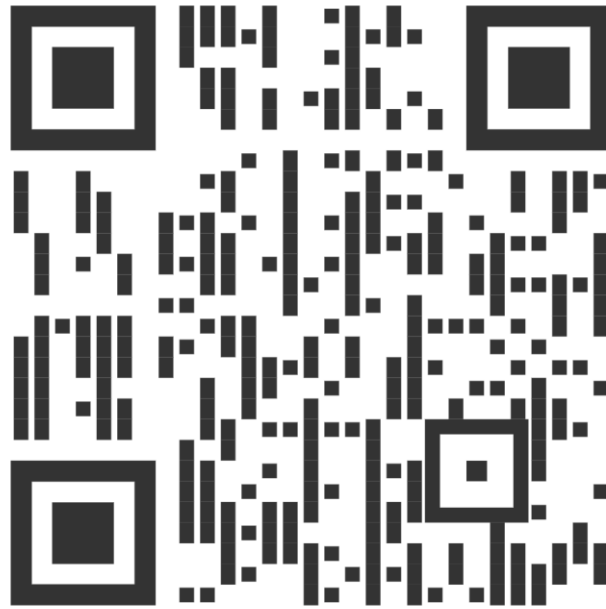
18.00 STRETCH & RELAX @Yoga Shala



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Sports program

To access the sports program, scan the QR code with your smart phone. QR reader may be needed. You will also find the sports program displayed at the activity boards near the hotel pool area.



CLASS DESCRIPTION

Below you will find the most common classes in the schedule. There can be new classes, if you want more information about these, you can always ask the sports staff.

YOGA

Discover peace and balance with a calming yoga session focused on breath, flexibility, and strength. Whether you're a beginner or experienced, this class offers everyone a chance to enjoy the benefits of mindfulness and movement in a beautiful setting. Class is about 40-45 minutes.

Stretch & Relax

End your day at the resort with slow flow and easy movement. At the end of the class you will have a moment just to relax and let your body rest. Class is about 40-45 minutes.

CORE

Intense 30-45 minutes focusing to your core strength. Core strength supports greatly all of your other workouts and is important part of different strength exercises.

CIRCUIT

With circuit workouts you will challenge your whole body working in a different intervals of time. You will have different full body exercises to repeat during the workout. Class is about 45 minutes.

WOD - workout of the day

WOD = workout of the day, in these workouts, you will challenge your whole body with different strength, cardio and gymnastic movements. All of the exercises can be scaled down, so all levels are welcome to join! The classes are 45-50 minutes.

METCON

Metabolic conditioning. Combining cardio and easy level functional exercises to get a sweaty full body workout. In this class you will run/ski/bike/row in addition to exercises such as wallballs & kettlebell swings. Class is about 45-50 minutes.

CLASS DESCRIPTION

Aqua

What a fun way to spice up your day with some good music and water gymnastic movements. Aqua will be held multiple times per week in the main pool. Class is about 30 minutes.

Power walk

Get to know the hotel surroundings with our instructors. The walk will be around 40-45 minutes.

Run

With our instructors you will go in a guided run near the hotel area, enjoying the beautiful views. Runs are about 30 minutes.

Indoor cycling

With our body bikes you will get a sweaty 40-55 minutes indoor cycling workout. In the workouts we use **the app Intelligence cycling**, that you can download in Appstore or Playstore. (Of course you are also free to join the class without the app). Our instructors will help you to setup the app.

HIIT/ HIT

High intensity interval training/ high intensity training will challenge your whole body with high intense exercises, such as different jumps. Class is about 35-45 minutes.

Tabata

Traditionally tabata is build in different segments working 20 seconds and resting 10 seconds & repeat. Class is about 30-45 minutes.

Foam roll

In this 30-40 minutes class you will go through the whole body, deep-tissue massage. Also known as "self-administered myofascial release". In the class you will use your own body weight, precisely controlled, to help stimulate and relax your muscles. If you have already tried a foam roller before, you probably have a love/hate relationship with it.

SOCIAL PADEL

The padel courts are free of cost when you join our social padel. (If you want to use the courts on your own, you will see the price list below).

Social padel levels:

- **Beginners (BEG.):** new to the sport/ has tried a few times
- **Intermediate (INT.):** has played padel multiple times and has a good understanding of the sport

Social padel is about having fun and getting to know new people. In social padel there will be a sports instructor helping with the rules. In social padel, you will play padel americano, which the instructor will also explain. (The summary of the general rules of padel and padel americano rules you will also find near the court).

Gym opening hours & the price list

All of the classes that you can find on the schedule are included in the price, without any extra cost.

See below the price list for the usage of the platforms outside of the scheduled hours.

Tennis/ Padel

Rent of tennis or padel court in sportsbooking.	18 €/ hour
Rent of tennis or padel court in sportsbooking + rackets (2x tennis/ 4x padel)	20 €/ hour

Music system for private use

One hour/ week (deposit) prebook in sports booking	20€/ 60€ (150€)
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Instructor PT

One hour (on request)	50€
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Areas with equipment

WOD box with equipment/ hour (on request)	40€
Training platform incl. equipment/ hour (on request)	25€

Indoor cycling with music and 21 bikes (private/ group use)

One hour (55min on request)	25€
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Pre book in sports booking