

## WELCOME

Hello and welcome to **Porto Myrina - powered by Playitas!** 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!

From fitness classes and triathlon training to padel and water sports, we have it all here. Alongside our top-class amenities, we are in a stunning area offering scenic views of the beach, traditional olive groves and local hillsides. With plenty to do both in the hotel and in the local area, you're sure to have an amazing holiday experience here at Porto Myrina.

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

Have fun,

The Sports Team

## SPORTSPROGRAM

At Porto Myrina, we have lots of fun activities for everyone. Whether you're a pro athlete or just want to try something new, we've got you covered. Check out our weekly sports program, which you can find by scanning a QR code or on our notice boards by the pool and buffet entrance at the Sports Bar. It's an easy way to plan your day and enjoy all the cool stuff we have to offer!

### FITNESS CLASSES

To participate in our activities, please be aware that advance booking may be necessary. Our schedule is color-coded to help you understand whether pre-booking is required or not. Colour codes

- **Black** – Activities in black do not require pre-booking. Just arrive at the designated location on time!
- **Blue** – This indicates activities led by our guest instructors. If pre-booking is necessary, you'll see a note marked in **red**.
- **Red** – Events printed in red must be pre-booked and can only be reserved up to 1 day in advance.
- **Purple** – These are our kid-friendly or family-friendly activities. 😊

### WHERE TO FIND YOUR CLASS

Here at Porto Myrina, we take advantage of our stunning surroundings and lovely weather by hosting our fitness classes and activities outdoors, with multiple training spots scattered around the hotel. To find where your class will be held, just check the sports program for each activity's location.

Our CrossFit-inspired and functional classes usually take place at our brand new WOD box, situated beside the PADEL COURTS. Look out for the symbol: @WOD Box.

Many of our classes, like HIIT, morning yoga, and stretch and relax, happen at our Pink Platform, right by the beachfront. Keep an eye out for: @Pink Platform. We primarily run bodyweight classes in this area.

Additionally, we utilize the multicourt for various classes, conveniently located near the reception area. Look for: @ Multicourt in the program.

## WHERE TO BOOK

**Sports bookings** can be made at the **reception** desk **Monday through Saturday. 08:00 – 22:00**

On **Sundays**, head to the **SportShop**.

You can book fitness classes, swim lessons, court rentals, Padel group classes, and kayaks from 08:00 to 22:00.

For Padel and Tennis court rentals, visit the **SportShop** between 10:00 and 16:30.

After that, you can book at the **reception**.

If you're interested in **private Padel lessons**, just let us know, and we can arrange that for you by the **SportShop**.

**Biking activities** require booking at the bike center. Bookings for the bikes start at Monday morning 8.00–09.30! Make sure to reserve your bike at least a day in advance.

## SPORTSHOP / BOOKING

Make sure to check out our **SportShop**! Located next to the main pool you can find everything you may need to take your experience to the next level.

We supply a wide range of clothes and other goodies such as supplements such as energy gels to keep you going on your runs and protein bars and powders to help you recover from your tough sessions!

We also have a great selection of various sportswear, accessories, and merchandise to choose from to keep you looking good!

**Bookings for padel and tennis courts can be made here also. Only on Sunday you can also book your classes.**

**Opening hours: 10.00 – 16.30 every day. Sunday: 12.00 – 18.00**

## BEACH WATERSPORTS CENTER

Situated at the beach, the Porto Myrina Beach team provides the opportunity to get on the water and try our kayaks or kayak tours.

The Beach team provides tuition appropriate for beginners and advanced water users.

Head down to the beach for more information! The beach is open from 10:00–16:30 every day Included is kayaking and paddleboard equipment. On Sunday the beach is open between 15:00–18:00.

# porto myrina

powered by

The logo for 'play itas' is a black square with the words 'play' and 'itas' stacked vertically in white, lowercase, sans-serif font.

## BIKE CENTER

For biking enthusiasts, our bike center exclusively offers gravel bikes for your riding pleasure. To ensure you have the bike you need, it's essential to reserve your gravel bike at least one day in advance.

The bike center operates: Monday to Saturday from 15.00–18.00. To book your Monday rides you can book on Monday from 8.00–09.30.

Whether you're planning a leisurely ride along scenic routes or gearing up for a thrilling gravel biking adventure, our bike center is here to cater to your cycling needs at Porto Myrina. Don't forget to secure your gravel bike ahead of time and get ready to explore the beautiful surroundings on two wheels!

**PRICE FOR RENT: 20 euro / day , 100 euro/week**

**Insurance for road assistance 5 euros (optional)**

**PRICE FOR OUR RIDES: Free**

## PADEL

Padel is one of our most popular activities here at Porto Myrina, and it's no wonder why—it's a fantastic way to have fun and stay active! We offer multiple sessions throughout the day, allowing guests to join 1-2 free sessions daily. These sessions provide a great opportunity to meet new people and enjoy a friendly game of Padel.

If you prefer a more private experience or want to play with your group exclusively, you also have the option to book your own court. While there is an extra charge for booking a court, it ensures that you have dedicated time to enjoy the game without interruptions.

So whether you're looking to socialize on the court or prefer a private match, Padel at Porto Myrina offers something for everyone. Join us for a game and experience the excitement of this popular sport!

**Padel court+ rackets (balls for purchase) : 20 euros/hr**

**Padel balls 3pack: 9 euros**

## PICKLEBALL OR TENNIS

Experience the excitement of racket sports at Porto Myrina! Our tennis courts provide thrilling gameplay for all levels, and our pickleball courts offer friendly competition and skill-building opportunities. We offer free social sessions during the week, but booking a court for exclusive use incurs an extra charge. Join us for unforgettable moments on the court!

**Tennis court+rackets (balls for purchase) : 10 euros/hr**

**Pickleball court+rackets+balls : 10 euros/hr**

**Tennis balls 3pack: 9 euros**

## **FITNESS CENTER**

We are happy to be able to offer you a top-class fitness center. With large open areas, machines from Matrix, lifting equipment from Casall and top-class cardio machines.

### **Gym is unattended use equipment you are familiar with.**

Open daily 07.00 –22.00

### **Fitness center rules & regulations**

- No outside guests allowed into Fitness Centre (except membership clients)
- Minors 12–15 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.
- Pick up after yourself. Each tool used shall be placed where it was taken.
- Return towels to front desk. Throw paper towels in trash bin.
- 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.
- Clean your machine or work out place after usage. Users are required to clean each machine including free weight benches and mats after use.
- 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.

## GUEST INSTRUCTOR THIS WEEK



### **About Isabelle Moberg Schleusener:**

Isabelle has been an instructor since 2008 and holds yoga certifications from San Francisco, Bali, and Stockholm (RYT 500+). Starting as a ballet teacher, she has led various forms of training like running, circuit training, and bootcamp. However, yoga remains her passion, as she believes it's about more than just physical fitness—it's about enhancing life quality.

Motherhood has deepened her connection to yoga, with her two daughters reminding her of what truly matters. Isabelle has also led yoga retreats worldwide, offering both challenging and relaxing practices that boost energy and improve meditation.

"The beauty of yoga is that it can be adapted to anyone. It's accessible to all levels, and its impact can be deeply personal and transformative."

## Yoga Week with Isabelle Moberg

### Classes with Isabelle:

**Pranayama** is a breathing exercise within yoga aimed at regulating the body's flow of prana – life energy.

**Hatha yoga** is a gentler form of yoga with the goal of finding a balance between physical and mental health.

**Vinyasa yoga** is a dynamic form of yoga where the positions transition through a flow, contributing to increased blood circulation, flexibility, and body control.

**Sunrise Yoga**, where we welcome the sun and the new day with sun salutations.

**Morning Yoga**, where we start the day by activating the body in a delightful flow.



## SUNDAY 08/09/2024

15:00 **WELCOME MEETING** @PoolBar

16:00 **FUNCTIONAL** with Elin @WOD Box

17:00 **STRETCH & RELAX** with Elin @Pink Platform

Classes with **Bluemarks** are with our guest instructors. **Redmarks** require pre booking at

Sports booking on Sunday and at the Reception from Monday to Saturday.

Our **RED** classes are very popular. Sign up is free of charge but, a fee of 10€ will be charged for NO SHOWs. If you don't intend to participate, please make sure you cancel your class no later than 2h prior to the class or you will be charged 10€ on your room bill.

Please be aware that all instructions are in English and activities or use of facilities is at your own responsibility.

Run is adjusted after level of the group, it doesn't matter if your are beginner or high level, there is room for everyone.

For the Gravel bike tours the sign ups are happening at BIKE CENTER on MONDAY from 8.00-09.30

All activities sessions are between approx 45-50 min.

**GYM HOURS 07:00 - 22:00 (Unsupervised)**





**MONDAY 09/09/2024**

## MORNING

- 8:00 **SUNRISE YOGA** with Isabelle @Pink platform
- 9:00 **POWER WALK** 30min with Cathrine @Reception
- 9:00 **CORE** with Kostas & Oskar @Multicourt
- 9:00 **FITNESS X-WOD** with Pantelis @WOD Box. Sign up @Reception
- 9:45 **WELCOME MEETING** @PoolBar
- 10:00 **OLYMPIC WEIGHTLIFTING** with Elin @WOD Box. Sign up @Reception
- 10:00 **CIRCUIT** with Kostas @Multicourt
- 10:00 **TABATA** with Oskar @Pink platform
- 11:00 **FUNCTIONAL** with Pantelis @Multicourt
- 11:00 **INDOOR SPIN** with Kostas @Indoor Spin Studio. Sign up @Reception
- 11:00 **LOWER BODY** with Phillip @Pink platform

## AFTERNOON

- 15:00 **AQUA** with Oskar @Pool
- 15:00 **SOCIAL TENNIS** @Tennis1 Sign up @Reception
- 16:00 **UPPER BODY** with Pantelis @Pink Platform
- 16:00 **FITNESS X-WOD** with Kostas @WOD Box. Sign up @Reception
- 16:00 **SOCIAL FOOTBALL** @Multicourt
- 17:00 **HIIT WITH WEIGHTS** with Oskar & Phillip @Multicourt
- 17:00 **FULL BODY** with Kostas @Pink platform
- 17:00 **SOCIAL PICKLEBALL** Meet @Tennis1. Sign up @Reception
- 18:00 **HATHA YOGA** with Isabelle @Multicourt

## ADDITIONAL SPORTS

### **GRAVEL BIKE** [all activities sign up @ Cycle Centre](#)

- 8:00 - **Sign up for today's and tomorrow's ride**
- 09:30
- 9:30 **ROAD RIDE - Welcome to Myrina** | Beginner level | 15km | 250m Elevation Gain
- 15:00-18:00 Rent your bike / Book our ride from 15.00-18.00

### **KAYAK/SUP** [Sign up all activities @Reception](#)

- 11:00 **SUP INTRO LESSON (45mins)**
- 15:00 **SMALL KAYAK TOUR (45min)**
- 10:00-16:30 KAYAK & SUP Free Use @Beach Watersports Station

### **SWIM** [Sign up all activities @Reception](#)

- 10:30 **CRAWL BEGINNER LESSON** with Ida @Pool. Sign up @Reception

### **PADEL** [Sign up all activities @Reception \(you can sign up in only one padel session per day\)](#)

- 9:00 **INTERMEDIATE LESSON**
- 10:00 **BEGINNER PADEL LESSON**
- 11:00 **TRY PADEL** (First time ever playing a racket sport)



TUESDAY 10/09/2024

## MORNING

- 8:00 **WAKE UP PILATES** with Oskar @Pink platform
- 9:00 **EASY RUN** with Cathrine @Reception
- 9:00 **CORE** with Phillip & Kostas @Pink Platform
- 9:00 **STRENGTH** with Pantelis @Multicourt
- 10:00 **FITNESS X-WOD** with Elin & Kostas @WOD Box.  
Sign up @Reception
- 10:00 **BOOTCAMP** with Oskar @Multicourt
- 10:00 **FULL BODY** with Phillip @Pink Platform
- 11:00 **FITNESS BOXING** with Pantelis @WOD Box
- 11:00 **FUNCTIONAL** with Kostas @Multicourt
- 11:00 **SOCIAL TENNIS** @Tennis1 Sign up @Reception
- 11:00 **UPPER BODY** with Oskar @Pink Platform

## AFTERNOON

- 15:00 **AQUA** with Sofie @Pool
- 16:00 **SOCIAL PICKLEBALL** Meet @Tennis1. Sign up @Reception
- 16:00 **FITNESS X-WOD** with Pantelis @WOD Box.  
Sign up @Reception
- 16:00 **LOWER BODY** with Phillip @Pink Platform
- 17:00 **CHOREO DANCE** with Sofie @Pink Platform
- 17:00 **TABATA** with Pantelis & Oskar @Multicourt
- 18:00 **BEACH VOLLEYBALL** @Beachvolleyball court
- 18:00 **VINYASA YOGA** with Isabelle @Pink Platform
- 18:45 **PRANAYAMA** with Isabelle @Pink Platform

## ADDITIONAL SPORTS

**GRAVEL BIKE** all activities sign up @ Cycle Centre day before ride

- 8:30 **GRAVEL PYRAMID RIDE 45km** Intermediate level | 580m Elevation Gain. Avg speed is 24-26 km/hr
- 15:00-18:00 Rent your bike / Book our ride from 15.00-18.00

**SWIM** Sign up all activities @Reception

- 10:30 **CRAWL INTERMEDIATE LESSON** with Ida @Pool. Sign up @Reception

**KAYAK / SUP** Sign up all activities @Reception

- 11:00 **SUP INTRO LESSON (45mins)**
- 14:00 **SMALL KAYAK TOUR (45min)**
- 15:00 **SUP INTRO LESSON (45mins)**

**PADEL** Sign up all activities @Reception

- 9:00 **INTERMEDIATE PADEL LESSON**
- 10:00 **BEGINNER PADEL LESSON**
- 17:00 **PADEL TOURNAMENT OPEN Americano!**



**WEDNESDAY 11/09/2024**

## MORNING

- 8:00 **MORNING YOGA** with Isabelle @Conference
- 9:00 **CORE/UPPER BODY** with Phillip & Pantelis @Conference
- 9:00 **FITNESS X-WOD** with Kostas @WOD Box. Sign up @ Reception
- 10:00 **HIIT WITH WEIGHTS** with Kostas & Oskar @Multicourt
- 10:00 **TABATA** with Pantelis @Pink Platform
- 10:00 **X-WOD GYMNASTICS** with Elin @WOD Box. Sign up @ Reception
- 11:00 **STRENGTH** with Pantelis @WOD Box. Sign up @Reception
- 11:00 **FUNCTIONAL** with Oskar @Multicourt
- 11:00 **INDOOR SPIN** with Elin @Indoor Spin Studio. Sign up @Reception
- 11:00 **SOCIAL TENNIS** @Tennis! Sign up @Reception

## AFTERNOON

- 14:00 **KAYAK RACE!** @Beach Sign up @Reception
- 15:00 **AQUA** with Fragiski @Pool
- 16:00 **SOCIAL BASKETBALL** @Multicourt
- 16:00 **CARDIO ENDURANCE** with Pantelis @WOD Box. Sign up @Reception
- 16:00 **FULL BODY** with Oskar @Pink Platform
- 17:00 **ZUMBA** with Elin @Pink Platform
- 17:00 **CROSSTRAINING** with Linus & Pantelis @Multicourt
- 18:00 **RUN 10km** (avg pace 5:45-6:15) Meet @Reception
- 18:00 **HATHA YOGA** with Isabelle @Multicourt
- 18:00 **MINI DISCO** with Polly & Mino @Pool Bar
- 19:00 **MEDITATION** 30min with Oskar @Multicourt

## ADDITIONAL SPORTS

**GRAVEL BIKE** [all activities sign up @ Cycle Centre day before ride](#)

8:30 **ROAD RIDE 60 km** West to East | Intermediate | 540 Elevation Gain. Avg speed is 24-26 km/hr

15:00-18:00 Rent your bike / Book our ride from 15.00-18.00

**KAYAK / SUP** [Sign up all activities @Reception](#)

11:00 **SUP INTRO LESSON (45mins)**

14:00 **KAYAK RACE!** @Beach Sign up @Reception

10:00-16:30 KAYAK & SUP Free Use @Beach Watersports Station

Weather dependant! If too windy, water activities might get cancelled.

**SWIM** [Sign up all activities @Reception](#)

10:30 **CRAWL BEGINNER LESSON** with Ida @Pool. Sign up @Reception

**PADEL** [Sign up all activities @Reception](#)

16:00 **BEGINNER PADEL LESSON OBS NEW TIME!!**

18:00 **INTERMEDIATE PADEL LESSON NEW TIME!!**

**20:45 MUSIC LIVE BAND @Pool Bar**



THURSDAY 12/09/2024

## MORNING

- 8:00 **SUNRISE YOGA** with Isabelle @Pink platform
- 9:00 **EASY RUN** with Chatrine @Reception
- 9:00 **FITNESS X-WOD** with Kostas @WOD Box. Sign up @ Reception
- 9:00 **CORE** with Pantelis @Pink Platform
- 10:00 **KETTLEBELL** with Pantelis @WOD Box. Sign up @Reception
- 10:00 **TABATA** with Kostas @Pink Platform
- 10:00 **SOCIAL FOOTBALL** @Multicourt
- 11:00 **FUNCTIONAL** with Phillip @Pink Platform
- 11:00 **SOCIAL PICKLEBALL** Meet @Tennis1. Sign up @Reception
- 11:00 **STRENGTH** with Pantelis @Multicourt

## AFTERNOON

- 15:00 **AQUA** with Fragiski @Pool
- 15:00-17:00 **X-WOD CHALLENGE** @WOD Box. Sign up @Reception
- 16:00 **LOWER BODY** with Phillip @Pink Platform
- 16:00 **BOOTCAMP** with Kostas @Multicourt
- 17:00 **CIRCUIT WEIGHTS** with Kostas @Multicourt
- 17:00 **HIIT BODY WEIGHT** with Phillip @Pink Platform
- 17:00 **SOCIAL TENNIS** @Tennis1 Sign up @Reception
- 18:00 **VINYASA YOGA** with Isabelle @Pink Platform
- 18:00 **BEACH VOLLEYBALL** @Beachvolleyball court
- 18:00 **FOAM ROLLING** with Pantelis @WOD Box. Sign up @Reception

## ADDITIONAL SPORTS

**GRAVEL BIKE** all activities sign up @ Cycle Centre day before ride

- 8:30 **GRAVEL RIDE 30km** Gravel Foundation V2024 | Beginner level | 450m Elevation Gain
- 15:00-18:00 Rent your bike / Book our ride from 15.00-18.00

**KAYAK / SUP** Sign up all activities @Reception

- 11:00 **SUP INTRO LESSON (45mins)**
- 14:00 **SMALL KAYAK TOUR (45min)**
- 10:00-16:30 KAYAK & SUP Free Use @Beach Watersports Station

**PADEL** Sign up all activities @Reception

- 9:00 **INTERMEDIATE PADEL LESSON**
- 10:00 **BEGINNER PADEL LESSON**
- 18:00 **SOCIAL PADEL**

20:45 BINGO GAME NIGHT @Pool Bar



FRIDAY 13/09/2024

**MORNING**

- 8:00 **HATHA YOGA** with Isabelle @Pink platform
- 9:00 **POWER WALK** 30min with Cathrine @Reception
- 9:00 **CORE** with Kostas @Multicourt
- 9:00 **FUNCTIONAL** with Oskar @Pink Platform
- 10:00 **FITNESS X-WOD** with Pantelis @WOD Box. Sign up @Reception
- 10:00 **CIRCUIT WITH WEIGHTS** with Kostas & Oskar @Multicourt
- 11:00 **GLUTE SCULPT** with Pantelis @WOD Box. Sign up @Reception
- 11:00 **SOCIAL TENNIS** @Tennis1 Sign up @Reception
- 11:00 **STRENGTH** with Kostas @Multicourt
- 11:00 **TABATA** with Oskar @Pink Platform

**AFTERNOON**

- 15:00 **AQUA** with Sofie @Pool
- 16:00 **LOWER BODY** with Pantelis @Pink platform
- 16:00 **SOCIAL BASKETBALL** @Multicourt
- 16:00 **EASY RUN** with Oskar @Reception
- 17:00 **CIRCUIT** with Pantelis @Multicourt
- 17:00 **HIIT BODY WEIGHT** with Kostas @Pink Platform
- 17:00 **SOCIAL PICKLEBALL** Meet @Tennis1. Sign up @Reception
- 18:00 **FITNESS X-WOD** with Kostas @WOD Box. Sign up @Reception
- 18:00 **PRANAYMA** with Isabelle @Multicourt
- 19:00 **FOAM ROLLING** with Pantelis @WOD Box. Sign up @Reception

**ADDITIONAL SPORTS**

**GRAVEL BIKE** all activities sign up @ Cycle Centre day before ride

8:30 **ROAD RIDE 35km Hilly Fun** | Intermediate level | 618m Elevation Gain. In the intermediate tours the avg speed is 24-26 km/hr

15:00-18:00 Rent your bike / Book our ride from 15.00-18.00

**KAYAK / SUP** Sign up all activities @Reception

11:00 **SMALL KAYAK TOUR (45min)**

14:00 **SUP INTRO LESSON (45mins)**

**SWIM** Sign up all activities @Reception

10:30 **CRAWL INTERMEDIATE LESSON** with Ida @Pool. Sign up @Reception

**PADEL** Sign up all activities @Reception

9:00 **BEGINNER LESSON**

10:00 **INTERMEDIATE LESSON**

10:00-16:30 KAYAK & SUP Free Use @Beach Watersports



**SATURDAY 14/09/2024**

**MORNING**

- 8:00 **SUNRISE YOGA** with Isabelle @Pink platform
- 9:00 **FITNESS X-WOD** with Kostas @WOD Box. Sign up @Reception
- 9:00 **EASY RUN** with Pantelis Meet @Reception
- 9:00 **CHOREO DANCE** with Sofie @Pink Platform
- 10:00 **OLYMPIC WEIGHTLIFTING** with Elin @WOD Box. Sign up @Reception
- 10:00 **FUNCTIONAL** with Pantelis @Multicourt
- 10:00 **SOCIAL PICKLEBALL** Meet @Tennis1. Sign up @Reception
- 11:00 **INDOOR SPIN** with Kostas @Indoor Spin Studio. Sign up @Reception
- 11:00 **CIRCUIT** with Pantelis & Oskar @Multicourt
- 11:00 **SOCIAL TENNIS** @Tennis1 Sign up @Reception

**AFTERNOON**

- 15:00 **AQUA PARTY!** with Phillip, Oskar & Linus @Pool
- 15:00 **GLUTE SCULPT** with Pantelis @WOD Box. Sign up @Reception
- 16:00 **FITNESS X-WOD** with Pantelis @WOD Box. Sign up @Reception
- 16:00 **STRENGTH** with Kostas @Multicourt
- 16:00 **UPPER BODY** with Phillip @Pink Platform
- 17:00 **TABATA** with Kostas @Pink Platform
- 18:00 **BEACH VOLLEYBALL** @Beachvolleyball court
- 18:00 **VINYASA YOGA** with Isabelle @Multicourt
- 18:30 **CARDIO ENDURANCE** with Pantelis & Kostas @WOD Box. Sign up @Reception
- 19:00 **MEDITATION** 30 min with Oskar @Multicourt

**ADDITIONAL SPORTS**

**GRAVEL BIKE** all activities sign up @ Cycle Centre day before ride

8:30 **GRAVEL RIDE 20 km Rise n' & Church** | Beginner level | 333m elevation gain

15:00-18:00 Rent your bike / Book our ride from 15.00-18.00

**KAYAK / SUP** Sign up all activities @Reception

11:00 **SUP INTRO LESSON (45mins)**

14:00 **SMALL KAYAK TOUR (45min)**

10:00-17:00 KAYAK & SUP Free Use @Beach Watersports Station

**SWIM** Sign up all activities @Reception

**PADEL** Sign up all activities @Reception

9:00 **INTERMEDIATE LESSON**

10:00 **BEGINNER LESSON**

17:00 **PADEL TOURNAMENT OPEN Americano!**

## OPENING HOURS

### **FITNESS CENTRE**

07.00 – 22.00

Unsupervised

### **SPORT SHOP**

Sunday 12:00 – 18:00

Mon–Sat 10.00 – 16.30

### **BIKE CENTRE**

**SUNDAY CLOSED**

Book your ride at 8:00–09:30 on Monday

Mon – Fri 15:00 – 18:00

Book your Bike ride or rent a bike

### **BEACH STATION**

Sunday 15:00–18:00

Mon–Sat 10:00–16:30

### **PADEL/TENNIS courts**

8.00 – 22.00

Reserve @  
SportShop

after 16.30 reserve @Reception

### **SWIMMING POOL**

10:00 – 18:00

Swimming out of opening  
hours of the pool is at own  
risk!



porto myrina **play itas**  
powered by

# PADEL TOURNAMENT

SATURDAY 17:00

SIGN UP & MEET US AT THE PADEL COURTS!



SPRITZ, BEERS  
SOFT DRINKS & MUSIC  
JOIN EVEN IF YOU DON'T PLAY!



## **FITNESS XWOD**

XWOD (Workout of the Day) CrossFit-inspired training involves high-intensity workouts that combine elements of weightlifting, cardio, and functional movements to improve overall strength and conditioning.

## **XWOD GYMNASTICS**

XWOD focuses on bodyweight strength and skills like pull-ups, handstands, and muscle-ups, enhancing athleticism, coordination, and flexibility. Suitable for all fitness levels.

## **OLYMPIC WEIGHTLIFTING**

Technical class focusing in the technique of the Olympic lifts: Snatch and clean & jerk. We only workout with barbells in this class!

## **CARDIO ENDURANCE**

A cardio endurance class involves a mix of aerobic exercises like running, cycling, and jumping, with intervals of varying intensity. It aims to improve heart health and stamina.

## **GLUTES SCULPT**

Build strong and nice-looking glutes. Session focusing on heavy lifting exercises like hip thruster, glutes bridge and RDL, also including finisher which will «fire» your ass.

## **CIRCUIT**

Station-based workout with or without equipment. You decide the intensity of the workout! Be ready to sweat!

## **CORE OR ABS ATTACK**

An all-abs workout! We target all out core muscles during this class! Be ready to feel the burn!

## **BODY TONING / PUMP**

A full body workout with barbells, weights and music. We work on both our strength and endurance. Let the pump begin!

## **BOXING TECHNIQUE**

Skills and movements in boxing for effective striking and defense, including footwork, punches, and defensive maneuvers.

## **FAMILY BOXING**

A fun, inclusive workout for all ages and fitness levels, promoting bonding and skill development through basic boxing techniques in a supportive environment for Families.

## **TABATA**

Tabata follows a HIIT format: 20 seconds of intense exercise, 10 seconds of rest, repeated for 8 rounds. It boosts cardiovascular fitness and burns calories efficiently, suitable for all fitness levels.

## **CROSSTRAINING**

Crosstraining combines various full-body movements to strengthen your entire body. You'll move through different stations, making it an ideal workout for everyone—from complete beginners to seasoned pros.

## **ZUMBA**

A Zumba class combines Latin and international music with energetic dance moves for a fun workout that improves cardiovascular health, coordination, and overall fitness. Suitable for all fitness levels.

## **STRENGTH**

A strength class builds muscular strength and endurance using weights, resistance bands, and bodyweight exercises. It targets all major muscle groups and suits all fitness levels.

## **FULL BODY**

A full-body workout targets all major muscle groups using compound and isolation exercises, starting with a warm-up and followed by strength training to build overall fitness.

## **UPPER BODY**

An upper body class focuses on strengthening and toning the chest, back, shoulders, and arms through various exercises. Suitable for all fitness levels.

## **LOWER BODY**

Lower body focused training mainly targeting hips, hamstrings, abductors, adductors. 100% burn guarantee and you will probably feel like one of the Kardashians after 😊. LET'S GO!

## **CARDIO ENDURANCE**

A cardio endurance class involves a mix of aerobic exercises like running, cycling, and jumping, with intervals of varying intensity. It aims to improve heart health and stamina.

## **HIIT**

High Intensity Interval Training, do we need to say more? A full body workout that will get your heart pumping and your sweat dripping.

## **KETTLEBELL**

A cast-steel ball with a handle attached to the top. It is used to perform many types of exercises, including ballistic exercises that combine cardiovascular, motion, strength and flexibility training. We go through the technique in the standard movements like swings, clean & press, snatch, get ups and so on... and then we finish off with an all-kettlebell workout.

## **MOBILITY**

Dynamic stretching at its best. It combines mobility exercises that increase the range of movements and motions your body can perform. These include flexibility, but also balance, pliability and strength. The full combination is the best way to avoid injury.

## **FUNCTIONAL**

Functional training focuses on compound exercises, a type of exercise that recruits multiple muscles and joints together. Movements performed in your day-to-day life, like squatting, hinging pulling and pushing etc.

## **FOAMROLLING**

Release muscle tension with the help of a foam roller. A foam roller is a lightweight, cylindrical tube of compressed foam. It may be used for many reasons, including increasing flexibility, reducing soreness, and eliminating muscle knots. Foam rolling is a method of self-myofascial release (SMR)

## **STRETCH & RELAX**

Come and join this calming and relaxing stretch class. A good way to end the day after workouts or after a tough day at the beach/pool! Award your body with some relaxation and stretch!

## **MEDITATION**

Basic mindfulness meditation is the practice of paying attention to the present moment with an accepting, non-judgmental disposition.

## **BOOTCAMP**

Hill sprints, penalty burpees and team-efforts are just some of the things included in this military-like training. Do you have the guts to try it?

## **CARDIO ATTACK**

Cardio Attack is a high-energy workout that focuses on cardiovascular fitness through a series of intense, fast-paced aerobic exercises designed to burn calories and improve heart health

## **RUNNING DRILLS**

A running drills class includes warm-up, running skills, technique training, speed intervals, cooldown, and stretching.

## **PILATES**

Pilates is a low-impact exercise method that focuses on core strength, flexibility, and overall body conditioning through controlled movements and breathing techniques.

### **SPEED & POWER**

This class focuses on exercises that enhance mobility, footwork, and agility. It aims to improve explosiveness and helps you understand how your body works in terms of speed and power.

### **X-WOD CHALLENGE**

Try your fitness in three CrossFit-inspired events. The top two men and women will advance to the final round. Anyone can join, and there's a prize for the winner. Don't miss out, come and have fun!

### **KAYAK RACE**

Join our exciting kayak race! Paddle through scenic courses and compete for the best time. Open to all levels, with a prize for the winner. Don't miss out on this thrilling water adventure!

## SPIN CLASSES

If you have signed up for our spin classes you will find us in the Indoor Spin Studio located by the Multicourt. (Same building as Polly and Mino)

You need to be there **10 minutes** before the start time to be able to get help to set up your bike and get ready to GO

For the spinning bikes, you can use normal trainers or SPD MTB clips. We can't offer you any other pedals. Feel free to bring your own pedals 10 minutes before the class and we will help you to swap them.

Some of our spin classes require you to download an app on your smartphone.

Please make sure you do this before you show up.

See how below:

- Download the app "Intelligent cycling" for android or IOS
- Choose the "sign up for free"
- Fill in your information
  - 1.Height
  - 2.Body weight
  - 3.Gender
  - 4.Birthday
  - 5.Cardio hours per week
  - 6.Max heart rate (an estimate is 220 minus your age)
  - 7.Fill in your FTP (Functional Threshold Power)

*The instructor will be there to help you*

- Turn on the Bluetooth
- Start pedalling and choose "Connect"
  - 1.You will now be able to connect to your bike number
- Return to "Home" and choose "Ticket to ride"
  - 1.Your instructor will let you know your "ticket to ride"

*You are now ready for your spinning class, enjoy!*



# FIND YOUR FTP

## HOW IT WORKS

- (1) Choose sex, (2) find your training level based on effective cycling hours per week,
- (3) find your age, (4) find your weight. If it is more than your ideal weight, you should go with your ideal weight.

■ AGE    ■ WEIGHT    ■ FTP

### LEVEL 1 - MEN

1-3 hours cycling per week

	< 35	40	45	50	55	60	65	70+
50	125	122	119	116	113	110	107	104
55	137	134	131	128	125	122	119	116
60	150	146	142	138	134	130	126	122
65	162	158	154	150	146	142	138	134
70	175	171	167	163	159	155	151	147
75	187	182	177	172	167	162	157	152
80	200	195	190	185	180	175	170	165
85	212	207	202	197	192	187	182	177
90	225	219	213	207	201	195	189	183
95	237	231	225	219	213	207	201	195
100+	240	234	228	222	216	210	204	198

### LEVEL 1 - WOMEN

1-3 hours cycling per week

	< 35	40	45	50	55	60	65	70+
50	100	98	95	93	90	88	85	83
55	110	107	104	101	98	95	92	89
60	120	117	114	111	108	105	102	99
65	130	127	124	121	118	115	112	109
70	140	137	134	131	128	125	122	119
75	150	146	142	138	134	130	126	122
80	160	156	152	148	144	140	136	132
85	170	166	162	158	154	150	146	142
90	180	176	172	168	164	160	156	152
95	190	185	180	175	170	165	160	155
100+	200	195	190	185	180	175	170	165

### LEVEL 2 - MEN

3-5 hours cycling per week

	< 35	40	45	50	55	60	65	70+
50	150	146	142	138	134	130	126	122
55	165	161	157	153	149	145	141	137
60	180	176	172	168	164	160	156	152
65	195	190	185	180	175	170	165	160
70	210	205	200	195	190	185	180	175
75	225	219	213	207	201	195	189	183
80	240	234	228	222	216	210	204	198
85	255	249	243	237	231	225	219	213
90	270	263	256	249	242	235	228	221
95	285	278	271	264	257	250	243	236
100+	300	293	286	279	272	265	258	251

### LEVEL 2 - WOMEN

3-5 hours cycling per week

	< 35	40	45	50	55	60	65	70+
50	125	122	119	116	113	110	107	104
55	137	134	131	128	125	122	119	116
60	150	146	142	138	134	130	126	122
65	162	158	154	150	146	142	138	134
70	175	171	167	163	159	155	151	147
75	187	182	177	172	167	162	157	152
80	200	195	190	185	180	175	170	165
85	212	207	202	197	192	187	182	177
90	225	219	213	207	201	195	189	183
95	237	231	225	219	213	207	201	195
100+	240	234	228	222	216	210	204	198

### LEVEL 3 - MEN

5-8 hours cycling per week

	< 35	40	45	50	55	60	65	70+
50	175	171	166	162	157	153	148	144
55	193	188	183	178	173	168	163	158
60	210	205	200	195	190	185	180	175
65	227	222	216	211	205	200	194	189
70	245	239	233	227	221	215	209	203
75	262	255	248	241	234	227	220	213
80	280	273	264	257	250	243	236	229
85	297	290	283	274	267	260	253	246
90	315	307	299	291	283	275	267	259
95	332	324	316	308	300	292	284	276
100+	350	341	332	323	314	305	296	287

### LEVEL 3 - WOMEN

5-8 hours cycling per week

	< 35	40	45	50	55	60	65	70+
50	138	135	131	128	124	121	117	114
55	151	147	143	139	135	131	127	123
60	165	161	157	153	149	145	141	137
65	179	175	170	166	161	157	152	148
70	193	188	183	178	173	168	163	158
75	206	201	196	191	186	181	176	171
80	220	215	209	204	198	193	187	182
85	234	228	222	216	210	204	198	192
90	248	242	236	230	224	218	212	206
95	261	254	247	240	233	226	219	212
100+	275	268	261	254	247	240	233	226

### LEVEL 4 - MEN

8+ hours cycling per week

	< 35	40	45	50	55	60	65	70+
50	200	195	190	185	180	175	170	165
55	220	215	210	205	200	195	190	185
60	240	234	228	222	216	210	204	198
65	260	254	248	242	236	230	224	218
70	280	273	266	259	252	245	238	231
75	300	293	286	279	272	265	258	251
80	320	312	304	296	288	280	272	264
85	340	332	324	316	308	300	292	284
90	360	351	342	333	324	315	306	297
95	380	371	362	353	344	335	326	317
100+	400	390	380	370	360	350	340	330

### LEVEL 4 - WOMEN

8+ hours cycling per week

	< 35	40	45	50	55	60	65	70+
50	150	146	142	138	134	130	126	122
55	165	161	157	153	149	145	141	137
60	180	176	172	168	164	160	156	152
65	195	190	185	180	175	170	165	160
70	210	205	200	195	190	185	180	175
75	225	219	213	207	201	195	189	183
80	240	234	228	222	216	210	204	198
85	255	249	243	237	231	225	219	213
90	270	263	256	249	242	235	228	221
95	285	278	271	264	257	250	243	236
100+	300	293	286	279	272	265	258	251