

☀️ GREEK FITNESS GETAWAY

ATHENS & SPETSES ☀️

SEPTEMBER 17-22, 2025

6 Days of Fitness, Fun & Greek Island Magic 🌊☀️

👉 10+ Classes + Workouts | 🍹 Parties | 🌴 Island Vibes | 🌅 Sunsets | 🏛️ Culture

🚀 Join us for an unforgettable fitness escape to Greece! 🚀

Recharge your body, mind & soul with a mix of workouts, dance, great food, breathtaking views, cultural experiences and a vibrant community. Experience the best of **Athens & Spetses** while staying in **beautiful accommodations** with daily breakfast, exclusive fitness activities, and epic parties!

🇬🇷 ITINERARY HIGHLIGHTS

(DETAILED SCHEDULE OF ACTIVITIES + FITNESS PRESENTERS WILL BE RELEASED ONCE BOOKINGS ARE COMPLETED)

👉 SEPT 17-19: ATHENS (2 Nights) – Where History Meets Energy

- Stay at **Pan Hotel (budget option) or Astor Hotel (standard option)**—both in prime Syntagma locations. Guests at Astor can enjoy a **roof garden breakfast with breathtaking Acropolis views**
- 🏛️ **Guided Acropolis & Acropolis Museum tour (optional)**
- 🏠 **Explore** the charming streets of Plaka, Anafiotika & Thisseio
- 🍸 **Experience Athens nightlife in Psyri**, a lively district with authentic Greek tavernas, live music & hidden cocktail bars
- 🏋️ **Fitness sessions around the city**

👉 SEPT 19-22: SPETSES (3 Nights) – Fitness, Relaxation & Island Bliss

- Stay at **Hotel Roumani**, perfectly located in the heart of Spetses
- Daily workouts & dance classes with a sea breeze
- **Boat trip & exclusive beach events** 🌴
- **Yoga & stretching sessions** by the water

- Free time to explore Spetses' stunning beaches, traditional tavernas & charming streets

GROUND PACKAGE (No Flights)

Includes:

- ✓ 5 Nights in top-rated hotels
- ✓ Daily Breakfast for all stays
- ✓ Athens to Spetses round-trip transportation
- ✓ All workouts & classes (Zumba®, Yoga, Pilates, Bootcamps & Races)
- ✓ Special events & parties
- ✓ Welcome gift bag
- ✓ Environment fee, City Tax + 13% VAT

PRICING

SINGLE ROOM*	DOUBLE ROOM	TRIPLE ROOM
<ul style="list-style-type: none"> • Budget £680 • Standard £750 (option to upgrade available)	<ul style="list-style-type: none"> • Early Bird (Budget) £430 • Budget £480 • Standard £540 • Superior £600 	<ul style="list-style-type: none"> • Early Bird (Budget) £385 • Budget £410 • Standard £460

**Early Bird prices not available for single stays*

- All prices are mentioned per person

- Available package for those who only wish to visit Spetses

+ ADD-ONS (Optional Activities, only paid there)

- Acropolis Entry with FREE Guided Tour: €10pp
- Acropolis Museum Entry: €10pp

✗ NOT INCLUDED:

- ✗ Airfare & Luggage
- ✗ Transportation from airport to hotel (depends on the time of your arrival)
- ✗ Entrance to any other archaeological sites
- ✗ Other meals & Drinks

FLIGHT RECOMMENDATION:

To ensure smooth airport transfers, we recommend booking flights arriving in **Athens by 8.30 PM**,

as the **most affordable flights** typically arrive at this time. This may help us coordinate group transportation to the hotel so that you don't have to go by yourself. If your flight arrives at a different time don't worry, there is a direct Metro line from the airport to the hotel (Syntagma Station). We strongly recommend you **avoid all flights that land after 11pm** - you will be charged a lot of money to take a taxi since it will be your only transport option.

RETURN FLIGHT RECOMMENDATION:

Your return flight must be scheduled **after 3 PM on Monday, September 22nd**. We leave **Spetses island in the morning**, and we need a **minimum of 5 hours** for you to arrive comfortably at the airport. It is not possible to catch a morning flight from Athens on Monday. Make sure you ask us before you book your flight so that we guide you in the best possible way.


WHO IS THIS FOR?

- ☀️ Fitness lovers, Zumba® enthusiasts & active travelers (but of course all activities are optional!)
- ☀️ Anyone looking for a mix of workouts, fun, culture and amazing food!
- ☀️ People who love exploring new places while staying active!

LIMITED SPOTS – RESERVE NOW!

Secure your spot with a **£150 deposit**. Payment plans available!

 **BOOKINGS END ON AUGUST 30th**

 Contact me if needed at **+447762142431** or email **lina.zumba@gmail.com**

 [CLICK HERE TO BOOK!](#)

Once you RSVP you will be contacted for payment instructions

TERMS & CONDITIONS:

- Airfare tickets and travel insurance is totally your responsibility.
- **Full amount to be paid in advance**, payments are due in total by August 15th (unless you book and join us later). **Deposit is non-refundable.**
- All payments apart from the deposit are **50% refundable until August 15th**. Cancellations **after August 15th are 100% NON-REFUNDABLE.**
- All participants are required to join a WhatsApp Group Chat to stay updated and always in contact with our group before and during our stay to ensure safety and good communication.
- If you wish to give your place to someone else you will be responsible with providing their details to the organisers. Hosts are not responsible for finding the person that takes your place. If such change happens after August 30th there is an additional £50 fee.

- Hosts are not responsible for any damages or losses. By participating in any workout or activity you also agree with the terms of the liability waiver available [HERE](#)

Let's make memories, sweat, dance, and explore the wonders of Greece! 🌊☀️💪

Tell your friends and family about it! They are all welcome and it will be the best experience ever!

Lina Telis 😊