

GREEK FITNESS GETAWAY SPETSES SEPTEMBER 18-23, 2026

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 Spetses while staying in a beautiful accommodation with daily breakfast, exclusive fitness activities, and epic parties!

ITINERARY HIGHLIGHTS

ATHENS: THURSDAY 17 SEPTEMBER

You are required to arrive in Athens during the day (or earlier if you wish to explore the city)

Stay at the accommodation of your choice for 1 night only (not included)

 **Welcome Evening Drink** at an Athenian rooftop with Acropolis views


FRIDAY 18 SEPTEMBER:

• 8am **departure to Spetses** – Coach bus (approximately 3,5h) + ferry or sea taxi (approx. 10'-30')

 Check in Hotel Roumani, perfectly located in the heart of Spetses

5 NIGHTS in double (twin) or triple rooms, including breakfast and all classes, parties, training sessions

ACTIVITIES:

- Beach Parties
- Optional boat trip + party
- Pilates with [Sofia](#)
- Zumba® Parties  with [Lina](#) + Guest instructors
- Sound healing with [Martha](#)
- Morning Run with [Lefteris](#)
- Total Body Express / Booty Core 20 with [Lina](#)
- Functional Training with [Alex](#)
- Aqua® Zumba with [Konstantinos](#)
- Greek dances with [Konstantinos](#)
- Mobility + Stretch at the beach
- Lunch or dinner by the sea
- Water sports

- Free time to explore the island, traditional tavernas & charming streets - Make sure you take a ride with a horse carriage!

WEDNESDAY 23 SEPTEMBER:

- Early Morning Checkout
- Ferry + Bus to Athens Airport (Arrival by afternoon)

GROUND PACKAGE (No Flights)

Includes:

- ✓ 5 Nights in top-rated hotel
- ✓ Daily Breakfast for all stays
- ✓ Athens to Spetses round-trip transportation
- ✓ Transportation from Spetses to airport (if your flight departs after 3pm on Wednesday 23rd)
- ✓ All workouts, classes and parties (except from special add-ons)
- ✓ Welcome gift bag
- ✓ Environmental Tax + City Tax + 13% VAT

PRICING FOR ALL 5 NIGHTS

DOUBLE ROOM

- Budget £500pp (7 rooms only)
- Standard £540pp (6 rooms only)
- Superior City View £625pp
- Superior Sea View £750pp

TRIPLE ROOM

- Standard £560pp (3 rooms only)

SINGLE ROOM (limited availability)

- Superior City View £1085pp

All prices mentioned above are per person

You must ensure your flight arrives by Thursday evening 17/09

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

- Yacht trip + party on board
- Bus trip around the island
- Water sports
- Horse carriage ride

✗ NOT INCLUDED:

- ✗ Airfare & luggage
- ✗ Any Athens stay
- ✗ Transportation from the airport to your hotel (on your arrival) – transportation within Athens and on the island of Spetses (most routes will be on foot)

- ✗ Entrance fees to any museums or sites
- ✗ Sunbeds & cabanas
- ✗ Other meals & drinks

FLIGHT RECOMMENDATION:

To ensure smooth transfers, you will need to book a flight that arrives in Athens on Thursday 17/09. You can stay at any hotel or apartment of your choice on that night to ensure you will be there on Friday morning to depart with us to Spetses. The bus to Spetses will leave from Syntagma so we recommend you stay around that area. There is a direct Metro line from the airport to Syntagma Station. However, we recommend avoiding flights that land after 11:00 PM, as taxi fares will be high. The most affordable option at that time is the airport bus, or you can share a taxi with other travelers in your group to reduce costs.

RETURN FLIGHT RECOMMENDATION:

Your return flight must be scheduled after 3.30pm on Wednesday, September 23rd (unless you decide to stay for longer in Athens). 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 Wednesday. 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 24th**

 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**, 30% by July 1st, then the rest of the 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 😊