



THE SPA
AT
MANDARIN ORIENTAL
COSTA NAVARINO

FITNESS & WELLNESS
SERVICES

Our Fitness and Wellness facilities offer modern strength training, and an outdoor movement studio all designed to support our guests with their cardiovascular, strength and flexibility training needs. Additionally, we have an outdoor class studio that offers a range of class modalities from yoga and guided meditation to small group functional fitness workouts.

ASSESSMENT

MOBILITY & BODY COMPOSITION ANALYSIS

1 HOUR / € 100

Fitness assessments consist of different types of tests and exercises used to determine your overall health and physical fitness level. These tests typically assess your strength, endurance, and flexibility. Including body composition analysis accurately measuring your current body condition including:

- Body Composition Analysis – indicating your current health condition (total body water, soft lean Mass, free fat mass and weight)
- Muscle-Fat Analysis – provides skeletal muscle mass and body fat mass.
- Obesity Diagnosis – measures body mass index (BMI), percentage of body fat and waist-to-hip ratio
- Muscle Analysis – measures muscle development of arms and legs, as well as soft lean mass analysis
- Body shape graph and body typing
- Nutritional evaluation
- Weight Control – identifies target weight, body fat control and lean muscle control



MOVEMENT

PERSONAL TRAINING

1 HOUR / € 120

We specialise in restoring fitness and wellbeing, our expert trainers deliver one-to-one sessions and classes, tailored to help you achieve your goals, with a wealth of knowledge on Fat Loss, Body Sculpting and Corrective Exercise.

ONE TO ONE YOGA

1 HOUR / € 130

For those new to yoga or looking to improve posture and breathing techniques this one to one session provides expert guidance. Choose your style from Vinyasa flow to Hatha body awareness.

ONE TO ONE GUIDED MEDITATION

1 HOUR / € 130

Personalised meditation and breathe work sessions designed to support your wellbeing and enhance your inner calm. Choose from a focus on breathing techniques, inner observation and visualisation or mindfulness practices.

ONE TO ONE SWIMMING LESSON

45 MINS / € 100

Improve your basic swimming skills or take your water-based exercise to another level, with a private session led by one of our expert coaches.

OUTDOORS

ONE TO ONE OLIVE HILL TRAIL OR WALK

1 HOUR / € 130

Find motivation and guidance where it is running or powerwalking.

ONE TO ONE KETTLEBELL MASTERCLASS

45 MINS / € 85

Learn the perfect technique and enjoy the benefits of this comprehensive routine.

ONE TO ONE PILATES

1 HOUR / € 130

Designed to improve physical strength, flexibility and posture. Pilates focused on core muscles, arms and legs, enhancing body toning, control and building lean muscle mass.

SMALL GROUP CLASSES

Guests can benefit from a series of impactful classes delivered by our highly qualified team located on our outdoor studio offering the perfect environment to enjoy the benefits physical movement. All classes are complimentary to guests please see the timetable for timings.

YOGA CLASSES

1 HOUR / COMPLIMENTARY

Full Body Flow Vinyasa

Energizing and rejuvenating full body practice.

Flow and Pause Vinyasa

Body-Breath-Mind practice connecting vinyasa flow with pausing empowering moments.

Hatha Total body awareness

Awakening and toning total body practice.

Hatha Morning Balance

Flexibility and strength body balance practice.

FUNCTIONAL TRAINING

1 HOUR / COMPLIMENTARY

A selection of classes concentrating on body weight training, mobility work, core strength, high intensity training and fun bootcamps.

RECOVERY

COMPRESSION THERAPY

30 MINUTES / €90

Normatec compression therapy is at the forefront of the recovery movement and works with athletes and teams across Olympic and elite sports to improve recovery and performance. Normatec utilises a patented technology that massages the legs, arms, or hips with pneumatic compression to enhance circulation and reduce soreness.

FUNCTIONAL MOVEMENT TREATMENT

30 MINUTES / €90

The functional movement treatment is a hybrid treatment experience focusing on mobility, flexibility and stability and can be used to optimise preparation, performance, and recovery as a principal goal. This dynamic treatment experience involves your therapist performing assisted movement techniques alongside movement health technologies to enhance form

and function. The perfect treatment to support a full and active life. The Functional Movement Treatment is performed within the spa treatment room and may include the use of the Hypervolt and Normatec equipment.

INTELLIGENT MOVEMENT

1 HOUR 30 MINUTES / €275

The Intelligent Movement Treatment has been designed to help guests improve their posture and mobility through trigger point release work, deep muscle manipulation, stretching and elongation of the muscles. This treatment helps to soften the muscle tissue, release tension, increase circulation and improve overall mobility in the body. Intelligent Movement incorporates the Hypervolt Percussion.

IN ROOM

PERSONAL TRAINING

1 HOUR / € 180

We specialise in restoring fitness and wellbeing, our expert trainers deliver one-to-one sessions to your room tailored to help you achieve your goals, with a wealth of knowledge on Fat Loss, Body Sculpting and Corrective Exercise.

Enhance your stay within room fitness equipment from Industry leader Technogym creating a convenient fitness experience in the comfort of your hotel room. Be guided to select the most beneficial equipment to suit your needs with a consultation with the wellbeing team. Everything you need for your In-Room Wellbeing Experience will be delivered to your room prior to arrival.

TECHNOGYM BIKE

€ 90 PER NIGHT OR € 340 PER WEEK

With its combination of design, functionality and immersive digital content, Technogym Bike offers you the best live-streaming and on-demand class experiences wherever you are. Enjoy live and on-demand indoor cycling workouts from your favourite trainers and fitness studios. Join the community, get your flywheel spinning and challenge riders from all over the world. (Hire available on selected room categories)

TECHNOGYM BENCH

€ 90 PER NIGHT OR € 245 PER WEEK

One Bench, over 200 exercises. Perform the widest variety of total body exercises with hexagon dumbbells, resistance bands, weighted knuckles, and training mat, all in a compact footprint. Utilise Technogym online training programs designed to inspire you and reach your objectives faster than ever. (Hire available on selected room categories)

HYPERICE RECOVERY PACK

€ 90 PER NIGHT OR €165 PER WEEK

Designed to assist recovery from physical exercise. This recovery set can include a Normatec system, Hypervolt, Venom Back, Hypersphere Mini, and all applicable charging units. This set also includes supplementary materials to ensure optimal use featuring recovery protocols.

TERMS & CONDITIONS

OPENING HOURS

Fitness Centre	Monday – Sunday	24 hour access
Gym Supervised	Monday – Sunday	7am - 9pm
Spa	Monday – Sunday	9am - 9pm
Indoor Pool	Monday – Sunday	9am - 8pm
Spa Treatments	Monday – Sunday	10am - 8pm
Heat & Water Experiences	Monday – Sunday	9am - 9pm

CANCELLATION POLICY

Please allow 24 hours' notice of cancellation to avoid charges. Cancellations within 24 hours will incur 100% charge. A credit card number is required at the time of booking.

AGE REQUIREMENT

The minimum age requirement for access to the spa, pool and fitness centre is 18.

ADVANCED BOOKINGS

We highly recommend booking your fitness and wellness services in advance to ensure that your preferred time and service is available. Please provide The Spa Concierge with valid credit card information and contact details to secure the reservation. To book your appointment please call +30 272 3099 888 or email at mocna-spa@mohg.com

GIFT CARDS

Our gift cards are an ideal gift and are available online at <http://www.mandarinoriental.com/giftcard>



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