

TONEGYM

by Eleni Petroulaki

MORE THAN A WORKOUT

IT IS NOT FITNESS, IT IS LIFE.

IT IS AN EXPERIENCE!

IT IS WELLNESS!

Getting fit and healthy at Nikki Beach Resort & Spa Santorini is easy and fun. Tone Gym by Eleni Petroulaki provides the ideal setting to replenish energy while offering access to a variety of cardiovascular equipment. Perfect to get your heart levels high or to tone your vital muscle groups before hitting the beach or pool decks. Fitness, Pilates and yoga classes at Tone Gym by Eleni Petroulaki are experiences, created, and developed to bringing results through innovation. Our goal is to inspire and change your mentality about wellness. Eleni Petroulaki with her experienced team along with her sister Nicki Petroulaki will test your limits and inspire results. All yoga, Pilates and HIIT programs can be offered on an personal or a group level.



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		<i>Time</i>	<i>Location</i>	<i>Duration</i>	<i>Capacity</i>
GROUP					
Yoga Class	Daily	08:30 — 09:30	Deck	50	10
Yoga Class	Daily	19:00 — 20:00	Deck	50	10
20FF Class	Daily	13:30 — 13:50	Tone Gym	20	4
Pilates Class	Daily	09:30 — 10:20	Deck	50	10
20FF Class	Daily	18:30 — 19:00	Deck	20	10
PERSONAL					
Yoga Class	Daily	Upon request	In Room	90	1 / 2
Yoga Class	Daily	Upon request	Soul Lounge	90	1 / 2
Pilates Class	Daily	Upon request	In Room	60	1 / 2
Pilates Class	Daily	Upon request	Tone Gym	60	1 / 2
Pilates Class	Daily	Upon request	Beach	60	1 / 2
20FF Class	Daily	Upon request	In Room	20	1 / 2
20FF Class	Daily	Upon request	Beach	20	1 / 2
20FF Class	Daily	Upon request	Tone Gym	20	1 / 2

OPERATING HOURS 07:30AM TILL 21:00 PM

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