



PARKFIT

GROUP FITNESS SCHEDULE

MONDAY

10:00-11:00
PILATES FUSION
INETA

19:00-20:00
BODY BALANCE
INETA

TUESDAY

10:00-11:00
POWER BARS
HARRIS

WEDNESDAY

10:00-11:00
YOGA
FREIDERIC

18:00-19:00
KICK BOXING
ALEX

THURSDAY

10:00-11:00
CORE AND MORE
HARRIS

18:00-19:00
BOX
ANDREAS

FRIDAY

19:00-20:00
YOGA
NATALIE

SATURDAY

HEALTH CLUB HOURS
MONDAY- SUNDAY 07:00-22:00



PARKLANE
RESORT & SPA
LIMASSOL

THE
LUXURY
COLLECTION



PARKFIT

FITNESS LESSONS DESCRIPTIONS

POWER BARS

This class will blast all your muscles with a high-rep weight training workout using an adjustable barbell, dumbbells and body weight. Combines squats, lunges, presses and curls with functional integrated exercises

YOGA

A style which increase strength, flexibility and relaxes the mind. Postures of asanas connected by flowing sequences vinyasas, with breathing techniques pranayama and usually ending with a period of relaxation or meditation.

PILATES FUSION

It is a full body workout using Pilates Equipment (Balls, Rings) challenging the core and strengthening the back, arms and legs. Build core strength, tone your body and lift your mood for a new day.

MORE&CORE

Strengthen And Tone Your Entire Body Using A Variety Of Equipment Such As Hand Weights, Tubing And Your Own Body Weight. Also followed by a series of total core exercises using stability balls, resistance bands and floor exercise mats.

BOXING

High endurance, working out focusing on muscle strength, cardiovascular and stamina.

Boxing bags and HAND pads will be used. All fitness levels welcome.

BODY BALANCE

Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration, and a carefully structured series of stretches, moves and poses to music create or holistic workout that brings the body into a state of harmony and balance.

KICK BOXING

After a cardio warm up move into introducing moves for routines to get your heart rate up. Typical routines include a series of repetitive punches, hand strikes, kicks and other self defense moves, interspersed with cardio moves to potent music. Works both upper and lower body and abs. Boxing bags and kick pads will be used. All fitness levels welcome.

HEALTH CLUB HOURS MONDAY- SUNDAY 07:00-22:00