

Dear members and visitors,

This year, the Ecali Club gym has a purpose of providing you with a wide range of choices, so that everyone can find exactly what they need.

Having your needs in mind, we added a brand new category of gym classes. Apart from the usual group classes of Ecali Sports Club and Personal Trainings, you will also have access to a range of specialized classes which are called Mini Groups Personal. You can choose either an already existent group or create your own, tailored to your needs in every way, including choosing the instructor and members of your group. There is also a service provided, called Supervisor Personal Training, for those who may need some guidance and evaluation from a specialized instructor.

We invite you to try our new classes and their unique services in our renovated facilities.

There is a program attached presenting all the classes and services of Ecali Club.

- **Personal (gym):** strength, rehabilitation, fat burning, mobility. Whichever one is your target, focus on it with the assistance of a trained instructor. (up to 2 people)

#### PRICES:

	Per lesson	Package deal of 10 lessons
<b>1 person:</b>	<b>40€</b>	<b>350€</b> (35€/lesson)
<b>2 people</b>	<b>50€</b> (25€/person)	<b>450€</b> (45€/lesson - 22,5€/person)

#### ● Mini Group Personal

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00 - 9:55	CROSS /STRENGTH TRAINING VAIOS	TRX/ KETTLEBELL VAIOS	CROSS /STRENGTH TRAINING VAIOS	TRX/ KETTLEBELL VAIOS		CROSS /STRENGTH TRAINING VAIOS	
10:00 - 10:55	SPINNING	FUNCTIONAL TRAINING VAIOS	SPINNING	FUNCTIONAL TRAINING VAIOS		TRX/ KETTLEBELL VAIOS	BOOT CAMP / FATBURNING WORKOUT VAIOS
18:00 - 18:55	SPINNING						
19:00 - 19:55					SPINNING		
20:00 - 20:55			SPINNING				

#### PRICES:

	Per lesson	Package deal of 10 lessons
<b>Per person:</b>	<b>15€</b>	<b>120€</b> (12€/lesson)

- **Mini Group Personal:** Is a specialized program of 3-6 people, adjusted to the needs of each member. It combines personal training with the energy a group class offers, so as to make training more enjoyable and efficient.

Mini groups personal are specialized because they are composed of members whose purpose, training level and life programs align. Those groups are TRX/ Kettlebell, Cross fit/ Strength, Pilates / Mat/ Rehabilitation, Yoga, Circuit training, Dance and mini personal group with a permanent instructor of your choice (3-6 per group).

**\*The spinning program will be ready after 19th October.**

#### PRICES:

	Per lesson	Package deal of 10 lessons
<b>Per person:</b>	<b>15€</b>	<b>120€</b> (12€/lesson)

● **Group programs in the grand room**

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00 - 9:55							
10:00 - 10:55	(STRECHING)	PILATES MAT MARIA	REHABILITATION TRAINING VAIOS		SWEDISH CHRISTOS		
11:00 - 11:55				PILATES MAT VAIOS			
19:00 - 19:55	SWEDISH CHRISTOS	SWEDISH CHRISTOS	PILATES MAT MARIA	SWEDISH CHRISTOS			
20:00 - 20:55		LATIN DANCE ANTIGONI		LATIN DANCE ANTIGONI			

PRICES:

**3 months: 70€/month**    **3 months: 80€/month**    **Month: 90€**    **Per lesson: 10€**

(\*participation in any or all groups is possible after appointment)

● **Latin**

PRICES

**Month: 70€**    **3months: 150€/month (50€/month)**

● **Supervisor personal training**

PRICES

**50€ / session**

● **Karate**

**Tuesday & Thursday**

16:30 - 17:30 | 3 to 4 years old  
 17:30 - 18:30 | 5 to 6 years old  
 18:30 - 19:30 | 7 to 10 years old  
 19:30 - 20:30 | 11 to 14 years old

**Saturday**

10:30 - 11:30 | 3 to 4 years old  
 11:30 - 12:30 | 5 to 6 years old  
 12:30 - 13:30 | 7 to 10 years old  
 13:30 - 14:30 | 11 to 14 years old

PRICES

<b>Members: Month: 70€</b>	<b>130€ (65€/month)</b>	<b>180€ (60€/month)</b>
<b>Non members: Month: 100€</b>	<b>190€ (95€/month)</b>	<b>270€ (90€/month)</b>

● **Rythmics**

MONDAY & WEDNESDAY 17:30 - 18:30 | 4 to 6 years old  
 18:30 - 19:30 | 7 to 9 years old

PRICES

<b>Members: Month: 70€</b>	<b>130€ (65€/month)</b>	<b>180€ (60€/month)</b>
<b>Non members: Month: 100€</b>	<b>190€ (95€/month)</b>	<b>270€ (90€/month)</b>

● **Football**

SUNDAY 12:00-13:00

PRICES

**Members: Month: 50€**  
**Non members: Month: 60€**

● **Ping-pong**

PRICES

PERSONAL	2 PEOPLE
<b>35€ (60 minutes)</b>	<b>45€ (90 minutes (22,5/person))</b>
PACKAGE DEAL OF 10 LESSONS PERSONAL	PACKAGE DEAL OF 20 LESSONS PERSONAL
<b>350€ + 1 free</b>	<b>700€ + 3 free</b>
PACKAGE DEAL OF 10 LESSONS PERSONAL	PACKAGE DEAL OF 20 LESSONS PERSONAL
<b>450€ + 1 free (225/person)</b>	<b>900€ + 3 free (450/person)</b>

For subscriptions and payments you can contact our secretary's office every Monday to Friday 9:30 -11:30 and 17:30 - 19:30.

You are required to pay up front every 1st of the month.

**Securing the smooth functioning of our gym, the classes scheduled after appointment can be cancelled 24 hours prior to the lesson.**

For any information please contact the administration office: 698 6526516

Monday - Friday 9:30 - 19:30 Or sent an email: vskivfit@gmail.com

We wish everyone a good year full of energy and wellness!



**VAIOS SKIVALIDAS**

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