





























Adult's Sports **ACTIVITIES** at Armenistis Camping

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
☺ 09.00 - 09.45 Aqua Fitness 	☺ 09.00 - 09.45 Keep Fit 	☺ 09.00 - 09.45 Aqua Fitness 	☺ 09.00 - 09.45 Keep Fit 	☺ 09.00 - 09.45 Circuit Training 	☺ 09.00 - 09.45 Cross Training 	☺ 09.00 - 09.45 Pilates 
☺ 14.00 - 16.00 Foot Volley 	☺ 14.00 - 16.00 Beach Volley WEEKLY TOURNAMENT GROUP GAMES ROUND 1 	☺ 14.00 - 16.00 Beach Volley WEEKLY TOURNAMENT GROUP GAMES ROUND 3 	☺ 14.00 - 16.00 Beach Volley WEEKLY TOURNAMENT GROUP GAMES ROUND 4 	☺ 14.00 - 16.00 Beach Volley WEEKLY TOURNAMENT SEMIFINALS 	☺ 14.00 - 16.00 ROUND OF 16 Beach Volley WEEKEND TOURNAMENT 	☺ 14.00 - 16.00 SEMIFINALS Beach Volley WEEKEND TOURNAMENT 
☺ 17.00 - 19.00 Nature Trail 6km - RIVER & MOUNTAIN 	☺ 17.00 - 19.00 Beach Volley WEEKLY TOURNAMENT GROUP GAMES ROUND 2 	☺ 17.00 - 19.00 Nature Trail 6km - RIVER 	☺ 17.00 - 19.00 Nature Trail 6km - RIVER & MOUNTAIN 	☺ 17.00 - 19.00 Beach Volley WEEKLY TOURNAMENT FINALS 	☺ 17.00 - 19.00 Beach Volley WEEKEND TOURNAMENT ROUND OF 8 	☺ 17.00 - 19.00 Beach Volley WEEKEND TOURNAMENT FINALS 
☺ 19.00 - 21.00 Friendly Evenings 	☺ 19.00 - 21.00 Friendly Evenings 	☺ 19.00 - 21.00 Friendly Evenings 	☺ 19.00 - 21.00 Friendly Evenings 	☺ 19.00 - 21.00 Friendly Evenings 	☺ 19.00 - 19.45 Yoga 	☺ 19.00 - 20.00 Aerial Yoga 

- For Footvolley & Beach Volley tournaments participations apply to the animation board in beach volley or in our facebook page.

ATTENTION:

EVERY CUSTOMER PARTICIPATES IN OUR PROGRAMS WITH HIS OWN RESPONSIBILITY- FOR YOUR PARTICIPATION IN SPORTS YOU MUST HAVE BEEN CHECKED BY A DOCTOR AND HAVING HIS PERMISSION!

Exercise - Escape - Have Fun



Adult's Sports **ACTIVITIES** info

AQUA FIT

DESCRIPTION: Special Fitness Exercise Program in the sea. We use also water resistance instruments.

Duration: 45 minutes. **Meeting Point:** Baywatch Tower **Fitness Instructor:** Tilemachos Athanasiou.

Accessories: HAT, WATER, SUNSCREEN, TOWEL. **Music included!** **DAYS:** MONDAY & WEDNESDAY. **TIME:** 09:00-09:45

KEEP FIT

DESCRIPTION: Special Coordination Exercise Program. We use coordination instruments as ladders, balls, cones e.t.c.

Duration: 45 minutes. **Meeting Point:** Grass Area. **Fitness Instructor:** Tilemachos Athanasiou.

Accessories: WATER, TOWEL. **Music included!** **DAYS:** TUESDAY & THURSDAY. **TIME:** 09:00-09:45

CIRCUIT TRAINING

DESCRIPTION: Special Exercise Program for muscle strength of whole body. We use coordination instruments and weights. **Duration:** 45 minutes.

Meeting Point: Grass Area. **Fitness Instructor:** Tilemachos Athanasiou. **Accessories:** WATER, TOWEL. **Music included!** **DAYS:** FRIDAY. **TIME:** 09:00-09:45

CROSS TRAINING

DESCRIPTION: Cross-training in sports and fitness involves combining exercises to work various parts of the body. We use special equipment like training ropes, plyometric equipment e.t.c. **Duration:** 45 minutes.

Meeting Point: Grass Area. **Fitness Instructor:** Dr Elpida Tsintsifa. **Accessories:** WATER, TOWEL. **Music included!** **DAYS:** SATURDAY. **TIME:** 09:00-09:45

PILATES

DESCRIPTION: Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility. **Duration:** 45 minutes.

Meeting Point: Grass Area. **Fitness Instructor:** Dr Elpida Tsintsifa. **Accessories:** WATER, TOWEL. **Music included!** **DAYS:** SUNDAY. **TIME:** 09:00-09:45

AQUA AEROBIC

DESCRIPTION: Special Fitness Exercise Program in the sea. We use also water resistance instruments.

Duration: 45 minutes. **Meeting Point:** Baywatch Tower **Fitness Instructor:** Dr Elpida Tsintsifa.

Accessories: HAT, WATER, SUNSCREEN, TOWEL. **Music included!** **DAYS:** TUESDAY & THURSDAY. **TIME:** 10:30-11:15

YOGA

DESCRIPTION: Yoga is a scientific system of physical and mental practices. **Duration:** 45 minutes.

Meeting Point: Grass Area. **Fitness Instructor:** Dr Elpida Tsintsifa. **Accessories:** WATER, TOWEL. **Music included!** **DAYS:** SATURDAY. **TIME:** 19:00 – 19:45

AERIAL YOGA

DESCRIPTION: A scientific system of physical and mental practices that requires the use of special aerial yoga hammocks. **Duration:** 45 minutes.

Meeting Point: Baywatch Tower. **Fitness Instructor:** Dr Elpida Tsintsifa. **Accessories:** WATER, TOWEL. **Music included!** **DAYS:** SUNDAY. **TIME:** 19:00 – 19:45

DAILY FOOTBALL

TOURNAMENT 2VS2

Participate to our daily footvolley tournament. We offer free coffee coupons for the winner team. Every Monday at 14:00

WEEKEND BEACH VOLLEY

TOURNAMENT 2VS2

Participate to our weekend beach volley tournament. We offer free coffee or drink coupons for the winner team. Saturday 14:00 – 19:00. Sunday 14:00 – 17:00

WEEKLY BEACH VOLLEY

TOURNAMENT 2VS2

Participate to our weekly beach volley tournament. We offer free coffee or drink coupons for the winner team. **Starts** on Tuesday 14:00. **Ends** at Friday 17:00

BASKETBALL EVENING

FRIENDLY GAMES

Join our new basketball court every evening from 7 to 9 and come to play. **Every Day** from 19:00 – 21:00

NATURE TRAIL 6km

IN RIVER & MOUNTAIN

Duration: 1 h 30 min. **Meeting Point:** Reception. **Fitness Instructor:** Tilemachos Athanasiou. **Accessories:** MOUNTAIN or SPORTS shoes, WATER. **NO KIDS ALLOWED.** **DAYS:** MONDAY & THURSDAY. **TIME:** 17:00-19:30

NATURE TRAIL 6km

IN RIVER & MOUNTAIN

Duration: 1 h 45 min. **Meeting Point:** Reception. **Fitness Instructor:** Tilemachos Athanasiou. **Accessories:** MOUNTAIN or SPORTS shoes, WATER. **NO KIDS ALLOWED.** **TIME:** 17:00-19:45

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