



# Fitness WEEKEND

every weekend at Camping Armenistis

**By Dr. Elpida Tsintsifa - North Academy of Fitness**

SATURDAY ☀ 09.00

## Crosstraining



**A dynamic interval programme adapted to all ages and levels!**

Have fun while working out, with this intermittent exercise programme that combines strength and aerobic exercise in a very pleasant manner! Body weight training, Kettlebells, TRX, BOSU, Ropes and more!

SATURDAY ☀ 19.00

## Yoga



**Sun salutation during sunset.**

Enjoy the magic of Yoga, the unique practice that trains the body and soul alike. A Hatha Yoga programme with respect to the body and an individual approach so as all participants, whether beginners or experienced, can fulfil their potential.

SUNDAY ☀ 09.00

## Pilates



**Pilates is an ideal exercise and a way of increasing your overall wellness while respecting one's particularities, possible injuries or health issues.**

It is considered an "intellectual exercise" that trains the body from inside out with an emphasis on the torso, internal and stabilizer muscles and helps us maximize our potential!

SUNDAY ☀ 10.30

## Aqua Fitness



**Enjoy the blue waters of Armenistis with the coolest and most cheerful programme of endurance and strength!**

Exercise for everyone and all ages with the element of water also providing three-dimensional resistance to those who want intensity and joint protection to prevent injuries!



Sports Animation Armenistis Camping

## Dr. Elpida Tsintsifa

She has trained more than 5000 people in many Fitness articles since 1992. Doctorate from Aristotle University of Thessaloniki (AUTH) in Medical Sports. Master of Science scholarship from the University of Oregon, U.S.A. in Fitness. Scientific Associate at TEFAA Thessaloniki in the Aerobics and Gym Weights specialties. She has been teaching Pilates since 2000. Pilates Master Trainer Mat & Reformer, Certified for Studies Certification, Faculty Member of Balance Body University. Degrees from: American College of Sports Medicine as Health and Fitness Instructor and Exercise Test Technologist, AAFAA, Step Reebok, Resistance University, Culture Shock Hip Hop, Schwinn Cycling, Pump Trainer. She has been teaching Aerobic & Fitness since 1986 and has been training in Fitness for over 26 years. Owner of the North Academy of Fitness and Fitness Lifestyle Club.

Exercise - Escape - Have Fun