

# MINTHIS

## ACTIVE FITNESS

### FITNESS PACKAGE

- 3 fitness classes from our weekly schedule
- A protein shake after each class

**Price €50.00**

### MID- WEEK FITNESS CLASS PACKAGE

- 5 fitness classes from our weekly schedule
- Each session includes an additional 1-hour use of our unique Spa facilities

**Price €150.00**

### INTRODUCTORY PERSONAL TRAINING PACKAGE

- 3 custom made personal training sessions to begin your fitness journey.
- One body scan showing your body composition and areas of concern
- Your own at-home fitness program to help you stay active

**Price €200.00**

### PILATES REFORMER PACKAGE

- 5 reformer pilates semi-private sessions to resculpt and strengthen your core
- Each session includes an additional 1-hour use of our unique Spa facilities

**Price €300.00**

### PERSONAL TRAINING PACKAGE

- 10 personal trainings to reshape and refine your body
- One 3D body scanner to evaluate your body composition
- One relaxing back massage

**Price €750.00**

For more information please call the Spa reception on + 357 26 842 299  
or email [spa@minthisresort.com](mailto:spa@minthisresort.com)

Please note that Terms and Conditions apply to all the above packages.