

ANAPNOE

BY PAROSKITE®

4-Day Fitness Bootcamp
Level | *Begginner Level 1*

Location  *Paros Island, Greece*

What's included?

4-nights-stay at Anapnoe Resort 

3-days Fitness Program 

Airport Shuttle 

Breakfast 

Main Activities

Crossfit - Functional

Weight lifting and techniques

Calisthenics and Animal flow

Mobility and Pilates

Run & Stretch

BUILD YOUR CONFIDENCE

Complimentary activities:

- 1) Mini-course of Self-Defence and MMA first-steps
- 2) Introduction to Kitesurfing L1

Minimum people required | 8 pax

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4-Day Fitness Bootcamp

Joining our fitness camp on the Greek Islands is not just about getting in shape, it's about embracing a lifestyle that promotes health, happiness and connection. We know you've always dreamed of the perfect fitness experience, and the enchanting beauty of Paros Island is just the perfect place to make it happen. Don't miss this incredible opportunity to invest in yourself.

Why Paroskite Fitness Camp?

Here are 10 reasons why you should inevitably join our 5-Day Fitness Bootcamp.

1. Breathtaking Scenery
2. Comprehensive Fitness Programs
3. Expert Coaching
4. Holistic Wellness Focus
5. Community and Support
6. Tailored Nutrition Plans
7. Escape from the Daily Routine
8. Flexible Options for All
9. Life-Changing Transformations
10. Unforgettable Memories

PRICE | 920€ (Shared rooms)

Breakfast included. Room upgrade is available.

REFUNDABLE +30€/night

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4-Day Fitness Bootcamp

Terms & Conditions

1. Introduction

Welcome to Anapnoe Fitness BootCamps. By booking a camp, you agree to comply with the following terms and conditions. Please read them carefully.

2. Services Provided

We provide a range of fitness programs, accommodation, meals, and activities designed to promote health and wellness. Specific services may vary, and additional services may incur extra fees.

3. Registration and Payment

All bookings must be made through our official website or authorized agents.

A deposit of 30% is required to secure your spot, with the balance due 48h prior to your arrival.

Payments can be made via accepted payment methods listed on our website.

4. Cancellation and Refund Policy

Cancellations must be submitted in writing to anapnoe@paroskite.com.

For cancellations made up to 7 days prior to the camp start date, the deposit will be fully refunded.

Cancellations made 7 days or less before the camp start date will not be refunded.

Refunds for unforeseen circumstances (e.g., illness, emergency) may be considered on a case-by-case basis.

5. Health and Safety

Participants must disclose any medical conditions or allergies prior to participating in activities.

We may require participants to sign a liability waiver before engaging in any physical activities.

It is your responsibility to maintain your own health and safety during camp activities.

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4-Day Fitness Bootcamp ITINERARY

- 1st day** — Morning > Pick up at the Airport
— Afternoon > Briefing + Light Functional Training
— Sunset > Lifting Techniques
- 2nd day** — Morning > Crossfit training
— Afternoon > Mobility w/ animal flow
— Sunset > Break
- 3rd day** — Morning > Cross training
— Afternoon > Break
— Sunset > Fitness Challenges
- 4th day** — Morning > Calisthenics (bodyweight)
— Afternoon > Short Cross Training + Mobility + Stretching
— Sunset > Break

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4-Day Fitness Bootcamp

Terms & Conditions

6. Participant Behavior

We expect all participants to behave respectfully towards staff and other guests. Any behavior deemed disruptive or harmful may result in dismissal from the camp without refund.

The use of alcohol or illegal substances is prohibited during camp activities.

7. Accommodation and Meals

Accommodation will be provided as per the booking. Specific requests regarding room arrangements should be communicated in advance but cannot be guaranteed.

Meals provided are suitable for most dietary needs, but participants with specific dietary restrictions should inform us prior to arrival.

8. Changes to Schedule or Activities

We reserve the right to modify the schedule or activities due to weather conditions, safety concerns, or other unforeseen circumstances. Efforts will be made to provide suitable alternatives.

9. Intellectual Property

All content (text, images, logos) on our website and promotional materials is the property of Anapnoe by Paroskite and may not be used without prior written consent.

10. Governing Law

These terms and conditions are governed by the laws of Greece. Any disputes will be resolved in accordance with these laws.

11. Acceptance of Terms

By booking a camp with us, you acknowledge that you have read these terms and conditions, understand them, and agree to be bound by them.