

# Yoga Classes



To make your stay even more enjoyable, we are offering yoga classes in our promises. If you enjoy an energizing yoga practice in the morning sun to center yourself for the day, relax with a calming afternoon flow or maybe you just want to burn off some of the extra calories you'll be consuming at our delicious buffet, Hotel Kalypso's yoga classes are the ideal way to unwind and relieve yourself of stress while on holiday.

Our yoga classes are designed for all levels from beginners to advanced practitioners with mats and props ready for you to use. There will be both flowy, energetic classes, as well as slow and relaxing ones.

Classes will be available from May till October.



Photo by Artem Beliaikin on Pexels

# Aqua zumba

Are you looking to make a splash by adding a low-impact, high-energy aquatic exercise to your fitness routine? Aqua Zumba brings new meaning to the idea of an invigorating workout. It combines the South American Zumba rhythm and dance steps with a pool party. It offers a fun but challenging, water-based, body-toning workout.

Just add water and SHAKE!

Classes will be available from May till October.



Photo by Karina Miranda on Unsplash