

14th - 21st September 2025

# Luxury Fitness Retreat

PORTO ELOUNDA

GOLF & SPA RESORT

+

UNITED FITNESS

BARRECORE BOOM CYCLE triyoga KOBOX REFORMCORE





# Porto Elounda

Porto Elounda, where luxury meets the greens of Crete's stunning landscape. Nestled along the pristine shores of Mirabello Bay, Porto Elounda invites you to indulge in the epitome of Cretan hospitality. Porto Elounda has embarked on a transformative journey, entering a new era of luxury and sophistication.

Porto Elounda Golf & Spa Resort has partnered with United Fitness to announce an exclusive fitness and wellness retreat this September. Guests will take part in an unparalleled fitness and rejuvenation retreat led by United Fitness's team of expert trainers across Reformcore, Barrecore, KOBOS and Triyoga, offering participants a premium and well-rounded fitness and wellness experience.







# United Fitness

United Fitness was founded with the vision of uniting London's premier fitness and wellness experiences under one umbrella. Our holistic approach ensures people can benefit from a synergistic blend of expertise and enthusiasm, enhancing their overall health journey.

Bringing United Fitness into the Elounda Peninsula setting for this luxury retreat will offer participants a premium fitness and wellness experience.

In addition to the luxury retreat package, hotel guests will also be extended invitations to attend classes, workshop sessions and group activities at their own leisure to elevate their vacation.





# Luxury Suites

Porto Elounda Resort offers a range of luxurious accommodations designed for comfort and elegance. Guests can enjoy spacious rooms with stunning sea views, creating a serene and inviting atmosphere.

The Premium Junior Suites with Shared Pool provide stylish decor and modern amenities, with access to a large, shared swimming pool perfect for relaxation.

For those seeking even greater exclusivity, the Premium Suites offer sophisticated interiors and breathtaking vistas.

The pinnacle of luxury is found in the Grand Villas with Private Pool, where expansive spaces and exclusive amenities ensure an opulent retreat. Each stay promises a blend of tranquility and refined comfort in a breathtaking setting.





# Sample Itinerary

Porto Elounda offers a range of incredible facilities and experiences, from water sports to a luxury spa and state-of-the-art workout spaces. All guests of the United Fitness Retreat will be able to experience the full benefits of this exceptional resort, with trainers who will provide personalised guidance, helping guests achieve their fitness goals through tailored programs and expert support.

Below are examples of what two days out of the seven night stay could look like:



## *Morning*

**7:00am:** Weights & strength workout session; **or** Intention setting & yoga flow; **or** Sunrise meditation & group run.

**8:30am:** Breakfast.

**10:00am:** Energising group Mat Pilates class **or** HIIT & Strength session.

**11:00am:** Snack **or** protein shake.

**11:30am:** Free active time to enjoy the resort.

## *Afternoon / Evening*

**1:00pm:** Nutritious lunch at one of the hotel's premium restaurants.

**2:00-4:00pm:** Guided open water swimming; **or** Cardio Team Challenge; **or** Boxing & Strength Session strength; **or** HIIT beach session.

**5:00pm:** Yoga Nidra; **or** Sound Bath yoga Session; **or** Barrecore Sculpt Session; **or** Mobility & Stretch Session.

**7:00pm:** Group dinner at one of the hotel's premium restaurants.





## Bar and Dining

With a selection of luxurious on-site restaurants, from casual beachfront bars to elegant sea-view dining, every meal is crafted to complement and enhance your training experience. All meals and soft drinks are included in your stay, ensuring a seamless and nourishing retreat. Thoughtfully curated by expert chefs, our menus are designed to fuel your body, support recovery, and elevate your training. To conclude your transformative 7 night stay, will be a celebratory group BBQ—an opportunity to unwind, connect, and reflect on your journey with beautiful Cretan sunset views.

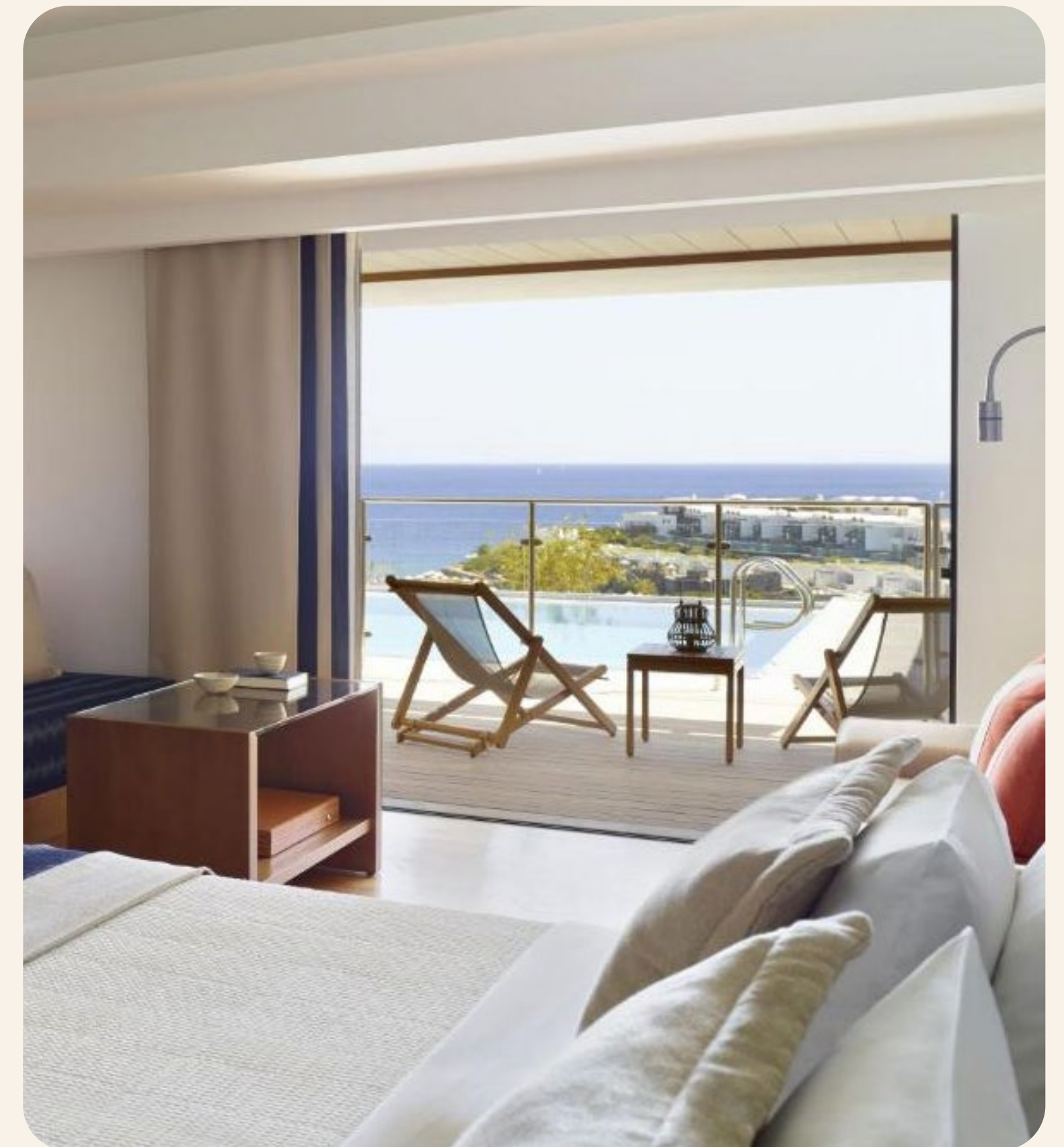






# Experiences

As well as a curated itinerary there will also be down time to experience and explore Porto Elounda. Every day offers an opportunity to explore new passions, unwind in luxurious surroundings, and embrace the beauty of the Aegean coast. Whether you're seeking active pursuits, moments of relaxation, or immersive cultural experiences, the resort provides a diverse range of activities for guests of all ages and interests.



From world-class golf and exhilarating water sports to rejuvenating spa treatments and exclusive yachting adventures, there is something for everyone. Discover the many ways to make your stay unforgettable with the exceptional extracurricular offerings at Porto Elounda.



## *Six Senses Spa*

Rejuvenate your body and mind at the Six Senses Spa, a sanctuary seamlessly blending science and personalised care. With advanced technology and expert therapists, the spa offers bespoke treatments that deliver holistic well-being in a serene environment inspired by the natural beauty of the Aegean Sea.



## *Tennis Facilities*

Sharpen your tennis skills on three Astroturf tennis courts with the guidance of expert instructors. Whether you're a beginner or a seasoned player, private and group classes are available, including specialised children's lessons. Friendly matches and professional coaching ensure an engaging and enjoyable experience for all ages.



## *State-of-the-Art Fitness Centre*

Stay active at Elounda Collection Hotels & Resorts' premier fitness centre, the largest in the region. Equipped with Technogym's latest technology, the centre features specialised Pilates studios and yoga rooms, catering to fitness enthusiasts at all levels. Whether maintaining a routine or starting a new wellness journey, the centre supports your personal health goals.





# Pricing

This retreat offers a variety of pricing options, each delivering a premium experience enhanced by exclusive luxury amenities and thoughtful extras.

## All pricing options for the retreat will include:

- A seven-night stay in one of Porto Elounda Golf & Spa Resort's newly renovated suites, in a seafront location.
- Full Board accommodation and non-alcoholic beverages included.
- A curated schedule of fitness and wellness activities led by expert instructors from United Fitness.
- A Complimentary Six Senses Signature treatment.
- Complimentary access to the resort's thalassotherapy pool and thermal suite.

### *Premium Junior Suite*

- Single Occupancy: €3,912.00
- Double/Twin Occupancy: €4,450.00  
(€ 2,225.00 per guest)

### *Premium Junior Suite with Individual Pool*

- Single Occupancy: €5,032.50
- Double/Twin Occupancy: €5,570.50  
(€ 2,785.25 per guest)

### *Premium One Bedroom Suite*

- Single Occupancy: €4,696.50
- Double/Twin Occupancy: €5,234.50  
(€2,617.25 per guest)





# Our Method

From high-energy, body-sculpting Pilates sessions to the muscle-shaking intensity of our ballet-inspired barre workouts, every class is designed to strengthen and tone. Our barre method fuses isometric movements with low-impact, high-intensity sequences to sculpt lean muscles while improving flexibility and endurance. Meanwhile, our expert instructors redefine core conditioning, offering a transformative experience that leaves you feeling strong, confident, and reformed. Whether you're flowing through a mindful yoga sequence or powering through an invigorating barre session, this retreat is your sanctuary for renewal, growth, and ultimate well-being.

*“Definitely felt the burn! The most challenging barre class I’ve done but in all the right ways - I loved it and felt like I’d done a great work out after”.*



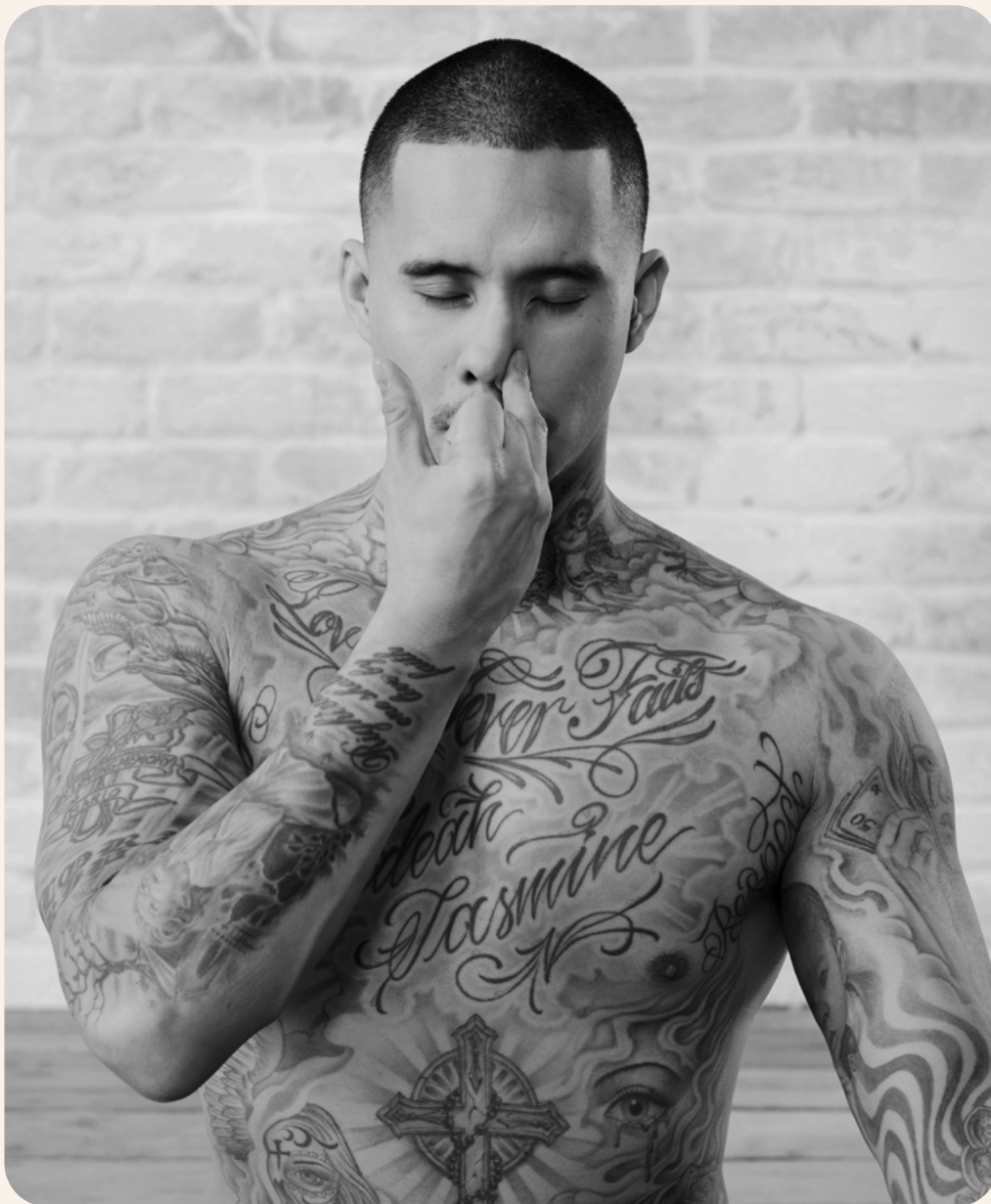
*“One of the best yoga classes I have ever done! The instructor was amazing! He really takes the time to explain how to do every pose properly, making the practice more engaging.”*

*“An intense workout that pushed my limits while always guiding me back to the flow of my breath. A perfect balance of strength, control, and mindfulness.”*





# Meet Our Instructors



## *Tyrone Brennand*

### *Leading yoga classes*

Tyrone began practicing yoga in 2015, drawn to its transformative power. He trained in Ashtanga with Ryan Spielman and continues to deepen his practice through annual workshops with teachers like Kino MacGregor, Sharath Jois, and John Scott.

Since 2017, he has also studied Vinyasa with Stewart Gilchrist and regularly practises with Emi Tull, refining a strong, disciplined, and heartfelt approach to movement and breath. Rooted in Ashtanga, Dharma, and Vinyasa traditions, Tyrone's teaching blends discipline with heart.

His Dynamic Strength Vinyasa class at Triyoga builds resilience, flexibility, and inner clarity, inviting students to discover the balance between strength and stillness.





## *Connor Clachar*

### *Leading boxing & strength classes*

Connor brings over a decade of fitness experience and a passion for helping people break through limits. A seasoned boxing coach with six years at KOBOX, he specialises in strength, conditioning, and high-energy sessions that are both effective and fun.

Connor runs his own group bootcamps, thriving on the energy of team training. Known for his supportive style and infectious drive that helps his clients grow stronger physically and mentally. Expect dynamic workouts, real results, and a motivating, feel-good atmosphere.



## *Billy Allington*

### *Leading boxing & strength classes*

Billy Allington is a professional boxer and IBO International Champion, with a wealth of coaching experience and a passion for helping others reach their full potential.

A former Southern Area and English Champion, Billy combines elite level knowledge with a down-to-earth, high-energy approach. His training style emphasises strength, fitness, and coordination, delivered with discipline, consistency, and a sense of fun. Billy's mission: to help every client discover their inner champion, wherever they're starting from.







## *Jummy Bankole*

### *Leading mat pilates classes*

Jummy is a certified STOTT PILATES instructor with a lifelong passion for movement. Her deep understanding of anatomy and biomechanics was shaped through her training, inspiring a focus on natural, functional movement that supports both body and mind. Drawing from various fitness disciplines, Jummy delivers energising, alignment-focused sessions that balance challenge with compassion.

She tailors each class to individual needs, combining mindful, precise movement with a positive, uplifting approach.

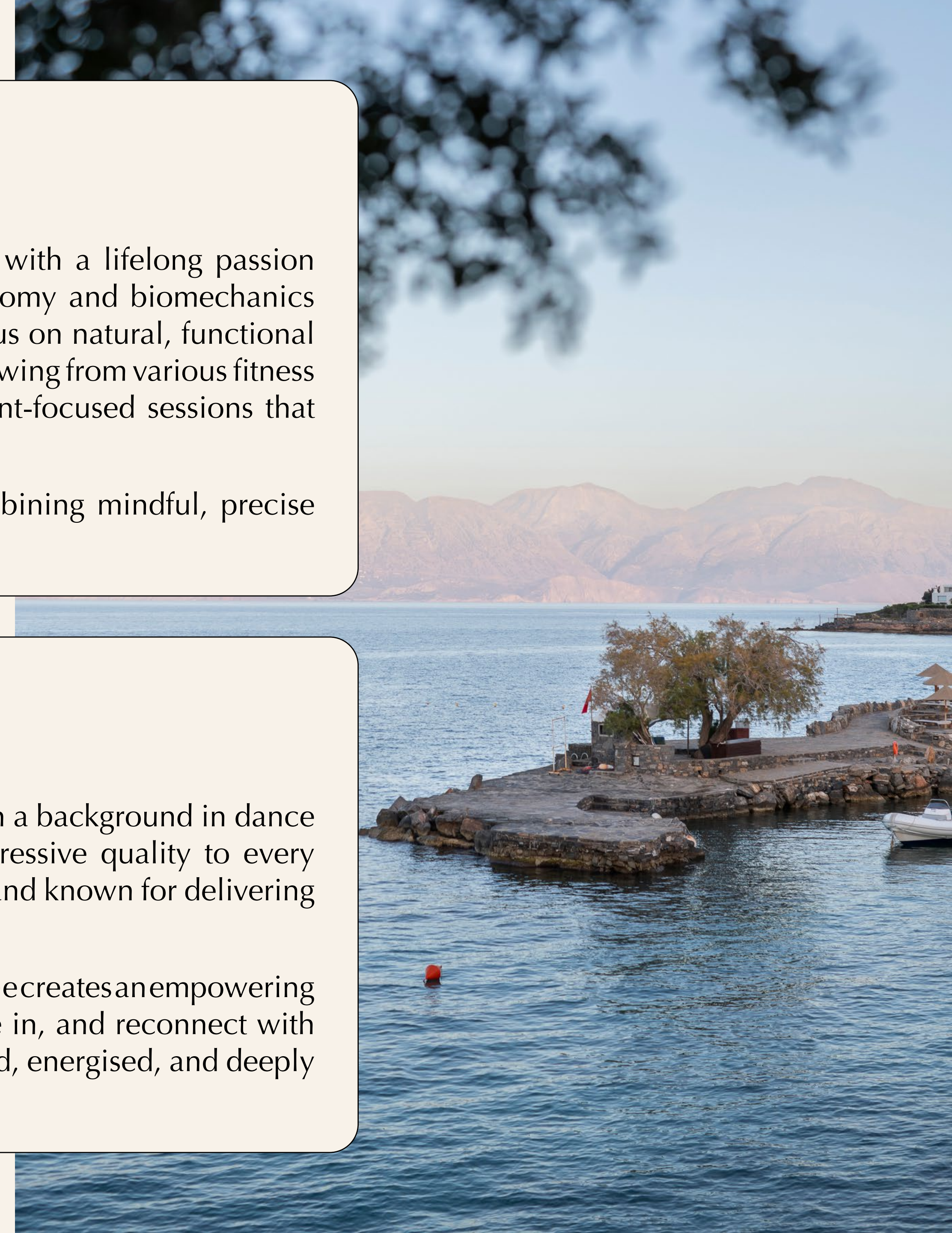


## *Layza Venancio*

### *Leading barre classes*

Layza is a barre and movement instructor with a background in dance and actor training, bringing a dynamic, expressive quality to every class. Her sessions are fast-paced, feel-good, and known for delivering that signature barre burn.

With an uplifting energy and attention to form, she creates an empowering space where participants can switch off, tune in, and reconnect with their strength. Expect to leave feeling grounded, energised, and deeply connected to your best self, body and mind.





An aerial photograph of a tropical resort. A winding, light-blue swimming pool curves through the left side of the frame. To the right of the pool is a row of small, white, square huts with conical thatched roofs, arranged in a semi-circle. The huts are surrounded by lush green grass and several tall palm trees. A sandy beach runs along the bottom of the huts, meeting the turquoise ocean. The water is clear, showing the sandy bottom and some coral reefs. The sky is not visible, as the image is a top-down view.

# Sweat in Serenity

For all retreat enquiries, including reservations and availability, get in touch with the Elounda team by email at [porto@elounda-sa.com](mailto:porto@elounda-sa.com) or by phone at **+30 28410 68012**.