

## Christmas Pilates 2023

**Sunday, 17 December 2023, 5:00 pm, Cresta Palace Hotel, Celerina**

A very special Pilates class awaits you amidst a sea of candlelight. A workout to marvel at, enjoy and recharge your batteries for the upcoming festive season.

After the Pilates class, we treat ourselves to a Christmas hot drink and fresh gingerbread (included in the price).

Afterwards, all participants are welcome to use the 1200 sqm «Vita Pura» Spa of the Cresta Palace Hotel with sauna and pool area at a special price.

Christmas Pilates is open to women and men of all ages. No previous experience is necessary, but Pilates or Yoga experience is an advantage.

<b>Date</b>	Sunday, 17 December 2023 (3 <sup>rd</sup> advent)
<b>Time</b>	5:00 pm – approx. 6:30 pm, followed by spa visit (optional).
<b>Place</b>	Cresta Palace Hotel, Via Maistra 75, 7505 Celerina. Parking spaces at the hotel, bus stop right in front of the building.
<b>Cost</b>	Pilates incl. snack: CHF 40.00 (to be paid upon online booking). Spa visit: Special price CHF 25.00 (to be paid on site).
<b>Bring with you</b>	Your own Pilates mat, comfortable clothing, warm socks, eventually swimwear. Changing facilities on site.
<b>Organisation</b>	NANEA Pilates, Celerina, Franziska Clavadätscher
<b>Registration</b>	Possible from Monday, 27 November 2023, 8:00 am, directly on <a href="http://www.nanea.ch/en/timetable">www.nanea.ch/en/timetable</a> or via e-mail to <a href="mailto:info@nanea.ch">info@nanea.ch</a> . <b>Please register, the number of participants is limited.</b>
<b>Note:</b>	The Pilates lesson is held in German.