

EGO WELLNESS WORLD

Ego Wellness Resort is a Private Club oriented to Wellness, Health, Fitness and Relax.

The Club offers to its customers more than 130 weekly land and aquatic fitness classes and lot of services as an external pool with Hydromassage; a SPA with Sauna, Turkish Bath, Tropical and Relaxing showers, etc; a fantastic Outdoor Area where you can find in one hand the Ego Pool Garden: a place designed for your relax with the open pool, sunbeds... and in the other hand you can find the new Ego Park where you can join activities as Bootcamp, Yoga, Pilates, Calisthenics and other more.

Even for those who stay for few days in our beautiful City, Ego Wellness Resort offers special Packages as Fitness Pass, Summer Massage Corner, Personal Trainer or simply a healthy meal in the Green Bar.

STANDARD PRICES

■ 1 day Fitness	25€
1 day Pool (1 day pool - weekend)	25€ (30€)
1 day Spa	35€
■ 1 day Fitness + Pool	35€
1 day Fitness + Spa	40€
1 day Pool + Spa	40€
1 day Fitness + Spa + Pool	45€

EXCLUSIVE PRICES

■ 1 Week Fitness	80€
1 Week Pool	80€
1 Week Spa	90€
■ 1 Week Fitness + Spa	120€
1 Week Fitness + Pool	120€
1 Week Pool + Spa	120€
1 Week Fitness + Pool + Spa	150€

OPENING SCHEDULE

Mon - Fri	7.00 am - 10.30 pm
Sat	8.00 am - 07.00 pm
San	9.00 am - 07.00 pm

Ego Wellness Resort

📍 Via Provinciale per S.Alessio, 1763/H - Lucca
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www.egowellness.it



ENJOY YOUR

Wellness HOLIDAY in Lucca



■ FITNESS ■ POOL ■ SPA
■ EGO PARK ■ GREEN BAR

FITNESS TECHNOGYM

- Area **ARTIS®**
- Body Tonic
- Ego Cycling
- Group Cycling
- Ego Pump
- Skill Athletic
- Functional Training
- Yoga



SUMMER POOL

- Relax Garden
- Swimming
- Aquagym
- Aqua Hit
- Aqua Fluid
- Hydrobike
- Bike Circuit
- Wellness Circuit



SPA

- Sauna
- Steam
- Aromarium
- Hydromassage
- Kneipp Circuit
- Tropical Showers
- Relax Area
- Olistic Treatments
- Massaggi



EGO PARK

- Bootcamp
- Arena
- Olistic Garden
- Yoga Outdoor
- Functional Training
- Temple
- Calisthenics Castle



GREEN BAR

- Wellness Breakfast
- Light Lunch
- Snacks
- Milkshake
- Fresh Fruit & Vegetables
- Fresh Meals Everyday

