



RECORD

WEEK

RECORD WEEK is a programme where based on individual consultations, the specialists determine a set of personal training sessions, massages and physiotherapy treatments tailored to your needs and goals. Based on your body composition analysis and preferences, the dietician will determine an optimum, metabolism-boosting and detox diet according to which our chef will prepare your meals.

In **7 days**, you can feel positive difference and initiate a true transition towards greater endurance, fitness and better functioning of your body.

Experienced team at **GENESIS INSTITUTE** – personal trainers, physiotherapists and dieticians will help you improve efficiency and achieve ideal results without exposure to injuries and strain.

Within 7 days, we offer up to 25 individual visits at Genesis Institute, with prior consultations on:

- training personal training sessions to improve your strength and fitness, build effective reaction to limitations, correct mistakes and optimise effort
- physical, physiotherapy or rehabilitation treatments to alleviate muscle tension and potential pain or discomfort felt during increased physical strain
- treatments and rituals thanks to which you will relax after physical activity and regenerate your body

FOR 1 PERSON
BUSINESS CLASS ROOM

diet menu

3 599 zł

7 DAYS / 6 NIGHTS

FOR 1 PERSON
BUSINESS CLASS ROOM

a'la carte dinner

4 199 zł

7 DAYS / 6 NIGHTS

FOR 2 PERSONS
BUSINESS CLASS ROOM

diet menu

5 799 zł

7 DAYS / 6 NIGHTS

FOR 2 PERSONS
BUSINESS CLASS ROOM

a'la carte dinner

6 399 zł

7 DAYS / 6 NIGHTS

The price includes VAT and local charge

We provide result summaries on the **7th day** of the week. You will leave home, feeling positive difference with deeper knowledge of more effective everyday skin care routine.

You can attend the programme **individually or paired with another person**. We also provide an option for a joint stay at the hotel but individual participation in the Programme. You can also choose from the following meal options: dedicated diet menu or dinner a la carte menu served at the hotel Restaurant.

If you would like to spend time even more actively, we offer free rental of bikes, Nordic walking poles or exercise at our professionally equipped gym. After physical exercise, you can use steam sauna, dry sauna or jacuzzi **free of charge**.

If you would like to stay longer with us, we will prepare an individual and attractive offer for you.

The price of the programme includes:

- accommodation in business class single or double room
- full board including five meals a day or dinner
- access to wireless Internet
- free parking spaces in the hotel car park – roundabout (limited number of spaces), possibility of using the hotel's underground garage or large city* car park at the hotel for a fee (*fees according to the price list: <https://www.zdiz.gdynia.pl/>)
- checkout time extended to 6.00 p.m. on your leaving day*

*after prior determination and confirmation with the Reception:
+48 58 667 77 77

The hotel reserves the right to disable the offer on selected dates. Due to the epidemiological situation in the country, the hotel reserves the right to change the offer.