

EGO WELLNESS WORLD

Ego Wellness Resort is a center focused on **Wellness, Health, Fitness and Relaxation**.

The club offers its members and visitors more than **190 land and aquatic fitness classes per week**, along with a wide range of services such as an **external pool with hydromassage**, a **SPA with sauna**, **Turkish bath**, **tropical and relaxing showers** and more.

A fantastic outdoor area includes the **Ego Pool Garden**, a space designed for relaxation, featuring an open pool, sunbeds and a new **Ego Park**, where you can take part in activities such as Yoga, Pilates, Calisthenics and much more, or just take your time to rest and enjoy the benefits of the reconnection with nature.

Even for those staying just a few days in our beautiful city, Ego Wellness Resort offers special packages such as the Fitness Pass, Summer Massage Corner, Personal Trainer sessions, or simply a healthy meal at the **Green Bar**.

STANDARD PRICES

	Mon-Fri	Weekend
■ 1 day Fitness	25€	
1 day Pool	35€	40€
1 day Spa	35€	
■ 1 day Fitness + Pool	50€	55€
1 day Fitness + Spa	50€	
1 day Pool + Spa	55€	60€
1 day Fitness + Spa + Pool	65€	70€

EXCLUSIVE PRICES

■ 1 Week Fitness	155€
1 Week Pool	180€
1 Week Spa	210€
■ 1 Week Fitness + Spa	280€
1 Week Fitness + Pool	245€
1 Week Pool + Spa	280€
1 Week Fitness + Pool + Spa	315€

OPENING SCHEDULE

Monday - Friday	07.00 am - 10.30 pm
Saturday	08.00 am - 07.00 pm
Sunday	09.00 am - 07.00 pm

Ask for more

☎ +39 0583 342570 📞 +39 348 0843149

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

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ENJOY YOUR

Wellness HOLIDAYS 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
- Massage



EGO PARK

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



GREEN BAR

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



EGO WELLNESS LIFESTYLE IN LUCCA