

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€	25€
1 day Pool	35€	40€
■ 1 day Fitness + Pool	45€	50€

EXCLUSIVE PRICES

■ 1 Week Fitness	100€
1 Week Pool	140€
■ 1 Week Fitness + Pool	180€

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

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📍 Via di Sant'Alessio, 1763/H - Lucca

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www.egowellness.it

SUMMER
egowellness
resort

Enjoy your

Wellness
HOLIDAYS
in Lucca



fitness • pool
ego park • green bar

FITNESS

- Area ARTIS[®] TECHNOGYM
- 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



EGO PARK

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



GREEN BAR

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



EGO WELLNESS LIFESTYLE IN LUCCA