

Vitalis Sport And Fitness Training

(Bookings for Guests of the Heroda Vitalis, Palace and Forum)
For reservations, please dial: 55454

Personal trainer in the gym	(45 minutes - 180 NIS)
Personal trainer in the studio	(45 minutes - 180 NIS)
Swimming lesson	(45 minutes - 180 NIS)
Aqua Fit Personal class	(45 minutes - 180 NIS)
* All gym and studio activities require sports shoes and outfit	(45 minutes - 180 NIS)

- * Guests of the VITALIS are asked to come to treatments wearing robes and slippers.
- * Guest of HERODS PALACE AND HERODS FORUM please arrive in appropriate clothing.
- * Please check in at the SPA DESK 30 minutes before your first appointment to fill in our health questionnaire.
- * All Guests booking appointments in the VITALIS SPA are entitled to full use of the Hydrotherapy Pools 20 minutes before or after their treatment.
- * It is not recommended to book an appointment if you are feeling unwell.
- * Cancellations must be made at least 4 hours in advance of the treatment booked. Failure to do so will incur a 50% cancellation fee.

Reservations and Further Information: 08 6380000, 1-800-20-20-20. By Internal Lines: 55452, 55458.
Fax for Treatment Reservations: 08 - 6380060.



HERODS VITALIS
Health & Lifestyle Resort
Eilat

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