

BIO - The ATHENS FORCE wellness and fitness hub in Santorini

ATHENS FORCE delivers a pioneering wellness and fitness experience in the tranquil sanctuary of La Ponta villas with an uninterrupted view of Santorini's Caldera and premium fitness and wellness facilities on the island.

We believe that "Everyone can be an Athlete".

ATHENS FORCE is a team of professionals providing our Athletes with highly personalized training and nutritional plans based on their individual needs, preferences, and goals. It is often difficult and time-consuming to interpret the available evidence regarding training and nutrition that best meet your needs. The ATHENS FORCE Team of experts will support you throughout your fitness and wellness journey through a variety of our training, recovery, nutrition, and wellness services.

Our mission is to unlock the full potential of our Athletes and achieve their best body and mind performance. You can find the two available options and more information about our services below:

- **Empower your wellness**

It's time to regenerate and empower your wellness with our always-evolving roster of training, nutrition, recovery, and wellness services. Athens Force delivers an unparalleled sensory experience combining a holistic approach to health and wellness with innovative technology.

- **Elevate your performance**

We created the ATHENS FORCE Off-Season Training Camp so we can support our Athletes during the off-season. We offer highly-personalized training and nutritional plans for individual athletes or small groups.

By joining our off-season training camp for high-performance athletes, our ultimate goal is to offer you premium quality sports training and recovery services and help you achieve your fitness and nutrition goals, while you enjoy your magical vacation in Greece.

Our Services

At ATHENS FORCE, we are always customizing our services to meet the needs of our community.

Discover all of our services below.

Training

from 150 euros

Innovators in fitness and wellbeing, the ATHENS FORCE Master Trainers will deliver a transformative experience with their workouts at selected indoor and outdoor locations around the island. We always provide sports science support at an elite level, always following an evidence-based approach after we understand an individual's unique physiology and body requirements.

Sports Training, Personal Training, Strength Training, Pilates, Yoga, Boxing, Kickboxing

Recovery

from 120 euros

Recovery is an essential aspect of an exercise program because it allows the body time to repair and strengthen itself in between workouts. It also allows the athlete to recover, both physically and psychologically. The ATHENS FORCE specialists can provide a variety of recovery services including physical therapy that can help you rebuild strength and movement after an injury, manage pain and prevent avoidable damage in the future.

Sports Recovery, Massage, Physiotherapy, Wellness Technology

Nutrition

from 180 euros

The ATHENS FORCE Nutrition Team will create personalized nutrition plans based on your metabolism. Our goal is to ensure proper fuelling of your body based on your unique energy needs and goals, whilst developing strategies to support your athletic performance or fitness journey.

Sports Nutrition, Personalized Nutritional guidance, Meal cooking

Wellness and Fitness

from 120 euros

Enjoy deepened relaxation and feel rejuvenated through restorative wellness treatments and fitness activities that will help you empower your mind and body.

The ATHENS FORCE Retreats will help you revolutionize the way you move your body, discover your inner calm and explore the beauty of movement and flow through a tailored experience of serenity. Top fitness specialists and trainers create a bespoke journey maximizing your fitness level and taking you down new exciting paths of discovery of your fitness potential.

Hiking, Water Sports, Helicopter Tours, Sailing, Scuba diving, Wine and Food Tasting, Tours with locals, Cooking classes, Kids activities

Visit athensforce.com to learn more about our services and [connect with one of our wellness experts](#) to create a premium and highly personalized package for you based on your needs and preferences. You can also contact us via email at: info@athensforce.com