



HOTEL ★ ★ ★ ★  
NADMORSKI

BUSINESS  
POSITIVE

**GENESIS**  
INSTYTUT



# LOVE JOGGING WEEKEND



Whether you are a beginner or a professional enthusiast – Hotel Nadmorski will improve your running performance.

The area surrounding Hotel Nadmorski features numerous jogging trails of various difficulty levels and changing terrain and ground, perfect for amateurs and professionals alike. Use our experts' recommendations. We will perform

professional tests which will improve your running technique.

A physiotherapist will assess your predisposition and will give you individual recommendations to avoid injuries while improving your performance in a safe and healthy way.

Thanks to the consultations with a dietician and a healthy menu you will improve your eating habits and learn how to eat in order to provide yourself with all necessary nutrients.

Come to Hotel Nadmorski and love running.



2 PEOPLE IN A DOUBLE/TWIN BUSINESS ROOM

1500 PLN

FRI SAT SUN 3 DAYS / 2 NIGHTS



1 PERSON IN A SINGLE BUSINESS ROOM

990 PLN

FRI SAT SUN 3 DAYS / 2 NIGHTS

## THE PACKAGE INCLUDES:

### DIAGNOSTICS AND EDUCATION:

- Consultations with the physiotherapist, personal trainer and dietician on the day of arrival;
- The second day features an analysis of the running technique;
- The third day includes individually tailored physiotherapy treatments and manual treatments;

### COMFORTABLE:

- Accommodation in a higher-standard room (BIZNES), single or double/twin;
- FIT menu with BIO products offered at breakfast;
- Dinner in our restaurant or a buffet;
- Wi-Fi;
- Parking near the hotel, underground car park with an extra charge;
- Possible late 6 p.m. checkout on the day of departure.\*  
\*after prior determination and confirmation with the Reception:  
+48 58 667 77 77

### ACTIVE:

- Steam room and Nordic sauna;
- Professionally fitted gym;
- Bike or Nordic Walking poles hire\*.  
\*please make a reservation at the Genesis Institute: +48 512 025 942

### HEALTHY INSPIRATIONS:

- Consultation with a dietician thanks to which you will learn about your metabolic age, hydration level and required caloric intake. You will receive valuable advice on what and how to eat to provide your body with the vitamins and mineral ingredients it needs.

### DISCOUNTS:

- 10% on treatments at Genesis Institute;
- 10% on Baltic Collagen® products purchased;
- 20% on the la carte menu in our Restaurant;
- 20% on space in the underground garage at the hotel.

### PARTNERSHIP PROGRAMS:

- 15% off on pools and saunas in Aquapark Sopot;
- 15% off on Kolibki Adventure Park in Gdynia;
- 15% off on games in the neighbouring Centrum U7 bowling alley;
- 15% discount for VR STUDIO - virtual reality;
- 10% at JUMPCITY trampoline;
- 10% at the MoST Tactical Shooting Range in Gdynia;
- 10% at the Shooting Range Sport TARCZA-GDYNIA;
- Ticket to the Cinema in Gdynia Film Center for the price of a DISCOUNTED TICKET

The **LOVE JOGGING WEEKEND\*\*** offer is valid between Friday and Sunday.\*

For those Guests who decide to stay longer we have special offers, adapted to the dates and length of the stay, taking into account your needs and expectations. **Stay longer and pay less!**

\* 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

Please check availability via the website: [nadmorski.pl](http://nadmorski.pl) or by sending an inquiry by e-mail or contacting by phone.

We are looking forward to seeing you!