



HOTEL ★ ★ ★ ★
NADMORSKI

BUSINESS
POSITIVE

GENESIS
INSTITUT



NEW LIFE WEEKEND



Come to Hotel Nadmorski and start your active, healthy lifestyle supervised by the specialists from the Genesis Institute.

Activities which will best boost your health, condition, fitness and energy will be individually tailored to your possibilities and preferences. During your stay, the team at the Genesis Institute will carry out consultations and measure the condition of your body with professional tests.

You will receive valuable advice and recommendations from our experts: a physiotherapist, a trainer and a dietician.

Feel free to use the highest quality devices at the hotel gym. Enjoy a bicycle trip in Tricity or Nordic walking along the seaside and the Tricity Landscape Park.

Thanks to the mobility tests for the motor system and recommendations from our physio-coach, your physical activity will be safe and healthy.

With our FIT menu – healthy breakfasts and well-balanced dinners, combined with dietician consultations your approach to nutrition will change and you will be able to learn new eating habits.

Start a healthy lifestyle at Hotel Nadmorski.



2 PEOPLE IN A DOUBLE/TWIN BUSINESS ROOM

1140 PLN

FRI SAT SUN 3 DAYS / 2 NIGHTS



1 PERSON IN A SINGLE BUSINESS ROOM

810 PLN

FRI SAT SUN 3 DAYS / 2 NIGHTS

THE PACKAGE INCLUDES:

- Upon arrival, dietician consultations with an analysis report on metabolic age, hydration level and the caloric intake needs. You will receive valuable advice on what and how to eat to provide your body with the vitamins and mineral ingredients it needs;
- The second day features physio-training diagnostics with the test, a detailed report with conclusions and an assessment of functional movement patterns;
- The test will enable to prepare a list of recommended exercises and physiotherapy treatments or manual therapy;
- The third day features wellness treatments – including manual therapies based on diagnostic recommendations or a sport massage;
- Everyday use of steam sauna and dry sauna;
- Everyday use of the gym.

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 arrangement and confirmation with reception.

ACTIVE:

- Bike hire;
- Nordic Walking poles hire.

DISCOUNTS:

- 10% on treatments at Genesis Institute;
- 10% on Baltic Collagen® products purchased;
- 20% on the la carte menu in our Strefa Nadmorska 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 **NEW LIFE 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 or by sending an inquiry by e-mail or contacting by phone.

We are looking forward to seeing you!