



RESET WITH MARK WARNER THIS SUMMER



OPERATOR TEAMS UP WITH PERSONAL TRAINING SPECIALISTS 'EQUALS RESULTS' TO OFFER PT SESSIONS ACROSS ALL GREEK RESORTS

New for 2024, leading operator Mark Warner (www.markwarner.co.uk, 0845 322 5037) is offering personal training sessions created by London-based PT specialists Equals Results at all four of their Greek resorts.

Ideal for guests who want to keep up their regular workouts whilst on holiday, or for those who are keen to try out a PT experience for the first time, the sessions will be run by expert Mark Warner Fitness Instructors, in conjunction with the team at Equals Results. Offering a personalised top to bottom workout programme, involving all the major muscle groups, they will combine strength-building exercises with cardio activities. The 30-minute sessions will be timed to fit in around the huge choice of other activities that Mark Warner offers, from windsurfing and kayaking to tennis, padel and cycling. Prices start at £25 for a 30-minute session, or £70 for a block of three.

Commenting, Browne Bailey, from Equals Results says 'I'm a big fan of Mark Warner - having holidayed myself with them for many years - and am delighted to be working with them on this new initiative. A holiday is such a great opportunity to reset, take the time to really enjoy your exercise without feeling pressured and set new goals for the future. The daily 30-minute sessions that we are devising - a time that we recommend as the best way to achieve a sustainable fitness programme - are a perfect way for guests either to maintain their existing fitness levels or give our PT sessions a test drive to see if it's a way of exercise that might work for them.'

Whether guests are looking for an active holiday, or a week on a sun lounger with the odd game of tennis, a Mark Warner holiday offers the perfect balance of stretching their comfort zone on the waves or on two wheels, perfecting their top spin, or just switching off by the pool.

There are four resorts across Greece to choose from - Aeolian Village Beach Resort in Lesvos; Kamari Resort in Rhodes; Lemnos Beach in Lemnos and Paleros Beach Resort on the Ionian coast.

Whilst each resort has its own local flavour and style, they all offer great beachfront locations, with superb water sports, tennis and cycling, along with exceptional childcare facilities and a relaxed, inclusive atmosphere. Families can choose from a fantastic choice of daytime activities, run by friendly, experienced teams. From sailing, windsurfing and water polo for teenagers, to arts and music, beach, and pool fun for younger guests. The emphasis is on fun and adventure in a warm and welcoming environment, with six different age-appropriate clubs for children and young people from 4 months to 17 years.

Summer prices start from £699pp for a 7-night stay at [Aeolian Village Beach Resort](#) based on two adults sharing a Twin/Double room including half-board accommodation and most activities.

Aeolian Village Beach Resort, Lesvos: This is the newest resort in the Mark Warner portfolio. Tucked into a corner of Eressos beach, a gorgeous long sweep of sandy bay on the southwest coast of Lesvos, Aeolian Village Beach Resort is set in mature gardens, against a backdrop of mountains, a short walk from the laid-back seaside village of Skala Eresou.

On Rhodes, **Kamari Beach Resort** stretches across pristine Lardos Beach, near the popular town of Lindos. The largest of the Dodecanese islands, Rhodes has a staggering 220km of coastline and around 300 days of sunshine per year, making it a perfect choice for an active summer holiday on land or water. Kamari was new to the Mark Warner portfolio for summer 2022 and combines an exclusive, beach-club vibe with the warm welcome always associated with a Mark Warner stay. With white-washed buildings, huge pools and lawned gardens, there is a feeling of spaciousness and relaxation throughout, whilst guest rooms are luxurious and contemporary.

Tucked away in a secluded bay on the southwest coast of Lemnos in a prime beachfront position on peaceful Plati Beach, Mark Warner's **Lemnos Beach Resort** is the quintessential Greek-island getaway. It's the longest-standing resort in the Mark Warner family and the one couples and families return to time and again for its welcoming, village-like vibe combined with a diverse range of sporting facilities, exceptional childcare, and generous helpings of traditional Greek hospitality.

Also in Greece is **Paleros Beach Resort**. Nestling in a sheltered bay on Portmaki Beach, backed by olive grove-cladd mountains on the west coast of mainland Greece, this resort offers a diverse range of sports from rowing and wakeboarding to cycling and tennis as well as Mark Warner's trademark exceptional childcare. With contemporary, stylish accommodation, it's the perfect base for a watersports-based holiday, cycling in the Arcanian mountains, perfecting your forehand on the tennis courts, or just chilling out, soaking up the view of the dazzling Ionian sea.

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For further media information please contact:

Sarah Bolam on 07714 337756, sarahbolamcommunications@gmail.com,

Or Anthea Yabsley on 0208 578 6777, anthea.yabsley@ideal-pr.co.uk

Notes to Editors:

Mark Warner:

With a heritage dating back to 1974, independent activity holiday specialist Mark Warner has been creating outstanding holidays for 50 years. Their five idyllic beach resorts are located across the Mediterranean – Aeolian Village Beach Resort in Lesvos; Kamari Resort in Rhodes; Lemnos Beach in Lemnos; Paleros Beach Resort on the Ionian coast of mainland Greece and Phokaia Beach Resort in Foca, on the west coast of Turkey.

Renowned for their great locations, relaxed surroundings, superb facilities (tennis, watersports and cycling) and welcoming, sociable atmosphere, a stay at a Mark Warner Resort is as much about relaxing by the pool as stretching your comfort zone on the waves or perfecting your top spin on the court. With teams of friendly, supportive coaches and instructors on hand, active-minded guests have a diverse choice of sports to choose from, but there are also gorgeous pools, spas, plenty of sun loungers and delicious restaurants to enjoy.

Couples and friends travelling together love the sociable atmosphere, whilst for those travelling with families, the resorts offer excellent childcare and activities, from pre-school right through to teenagers. New for 2023 is the Aeolian Village Beach Resort in Lesvos, as well as some exceptional new sporting facilities across the programme.

= Results Fitness:

Browne and Giselle Bailey established =Results in the early 2000's with a mission to offer their clients a sustainable approach to fitness. After years of working as PTs in gyms, they were determined to break the 'boom and bust cycle' that they saw time and time again where gyms tended to set unrealistic expectations and promises, based on programmes that clients couldn't realistically stick to. The ethos of =Results is about creating achievable fitness goals, helping people to be fit and strong so they can deal better with the everyday challenges of life — having a career, taking care of the family, staying healthy. This is based on personalised, 30-minute sessions, two-three times a week.