



Safira
SPA & FITNESS

TO RELAX, REJUVENATE AND
pamper yourself...

**SAFIRA SPA & WELLNESS
CALLS YOU FOR A HEALTHY LIFE...**

Rest your soul, renew your energy and stay fit
in the heart of the city.





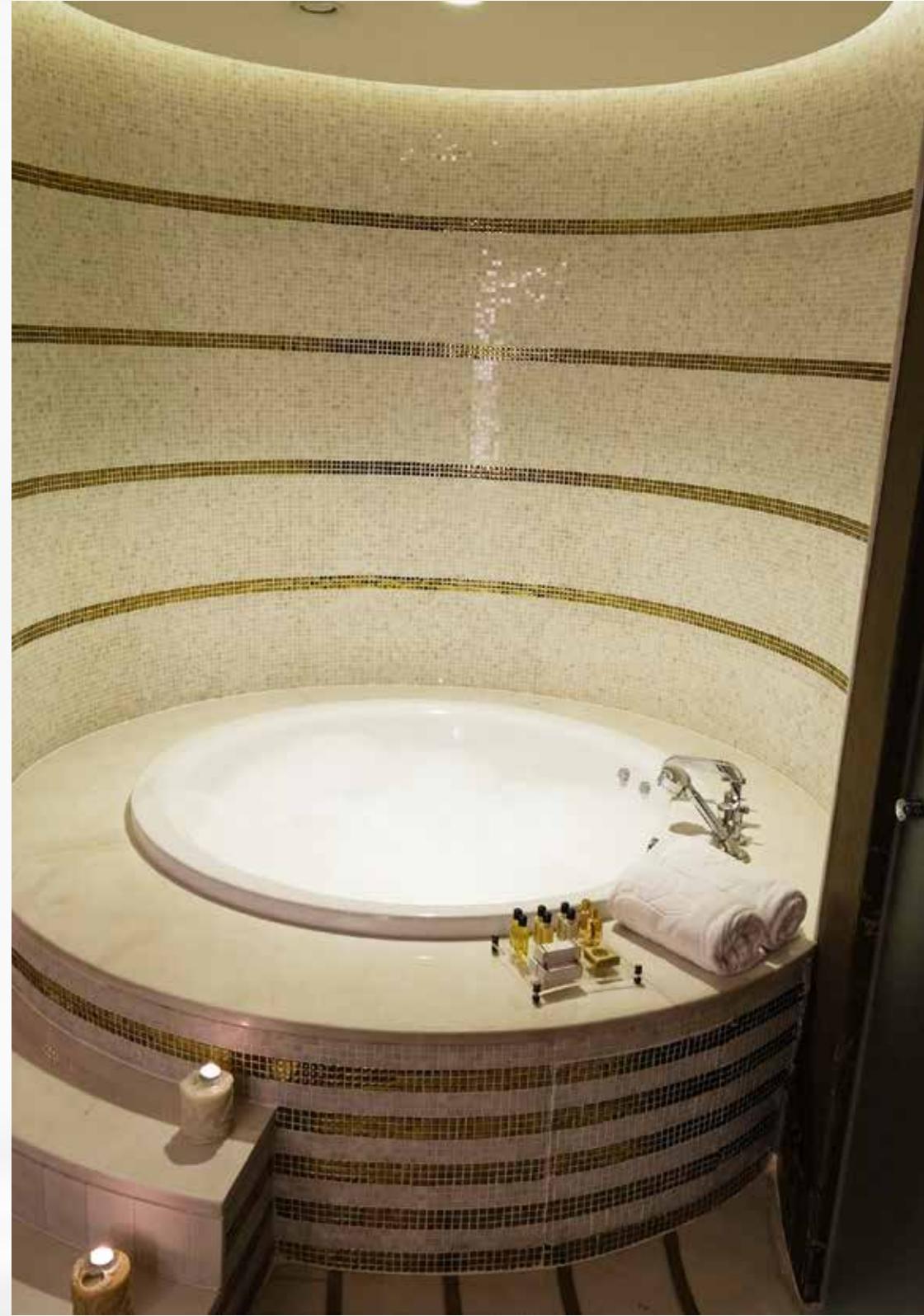


THE BIGGEST HEALTHY LIVING CENTER AT THE BOSPHORUS

Safira Spa & Fitness offers unique experiences to its guests with massage rooms, each designed with another concept, relaxation areas, VIP treatment rooms, traditional Turkish baths with domes, swimming pool with retractable glass ceilings, fitness and spa areas, both unisex and exclusively for women.















SAFIRA SPA & FITNESS

IT'S EASY TO STAY FIT!

Step into a healthy world with the latest technology and professionals who are experts in their fields.







MUSCLE UP
PERFORMANCE

LIVE HEALTHY AND DYNAMIC WITH SAFIRA SPA & FITNESS

Two separate fitness areas fitted with professional equipment, Pilates, spinning and functional training studios, a semi-Olympic swimming pool and enjoyable classroom lessons await you. With its team of experienced trainers, each of whom are experts in their fields, Safira Spa & Wellness reflects a lifelong healthy and fit life understanding to all its members.







IT'S TIME TO MOVE!

At CVK Safira Spa & Fitness, you can choose between individual or group lessons, and you can do all kinds of exercises that will ensure your fitness in the most correct way accompanied by professionals.

Group Lessons

- Pilates Matwork
 - Cycling
 - Total Body
 - Crunch

Private Lessons

- Personal Fitness Lessons (Personal Trainer)
 - Instrument Pilates Classes
 - Cadillac
 - Reformer
 - Chair
 - Barrel

Working Hours

07:00 AM - 10:00 PM Weekdays

08:00 AM - 10:00 PM Weekend

For information

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www.cvkhotelsandresorts.com