



HOLMES PLACE
PREMIUM FITNESS CLUBS

FOLLOW US ON A
Journey to Wellness...



YOUR *Life* YOUR *Place*

THERE IS NO PLACE, LIKE HOLMES PLACE !
ENJOY LUXURY VENUES, A FRIENDLY ENVIRONMENT AND A COMPLETE FITNESS LIFESTYLE.

**We offer a wide range of premium services for a balanced, healthy and enjoyable life.
Everything you need is ready and waiting:**

- Superb pools, world's most popular group classes, exclusive group classes by Holmes Place and expert personal training
- Spa, saunas, steam rooms and Jacuzzi that allow you to bring out your full potential, helping you to relax, look and feel amazing
- Expert Nutrition Coaches who offer you guidance toward a balanced diet
- State-of-the-art equipment and squash courts
- Club lounge to meet and eat
- Studios suitable for corporate events
- Full body HIIT STORM Bootcamp training

We believe that living well is a life journey... a journey that inspires your whole life.

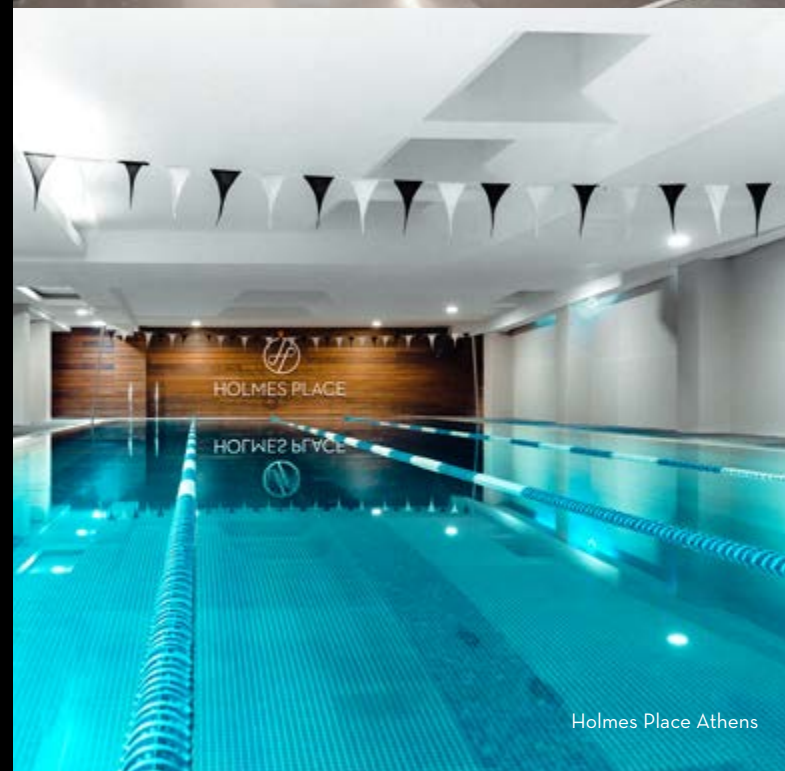
Welcome on board!



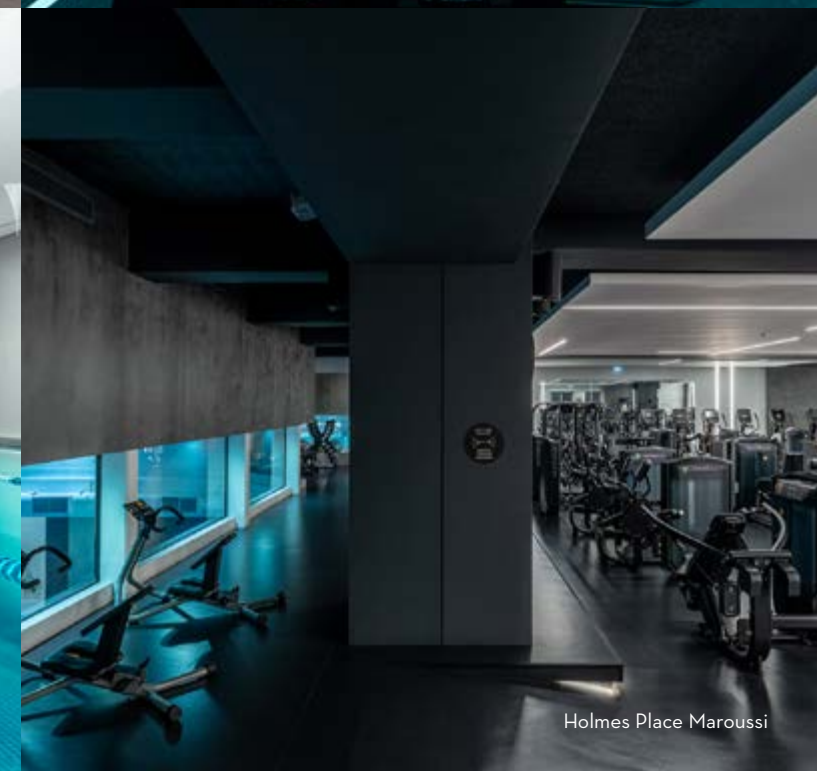
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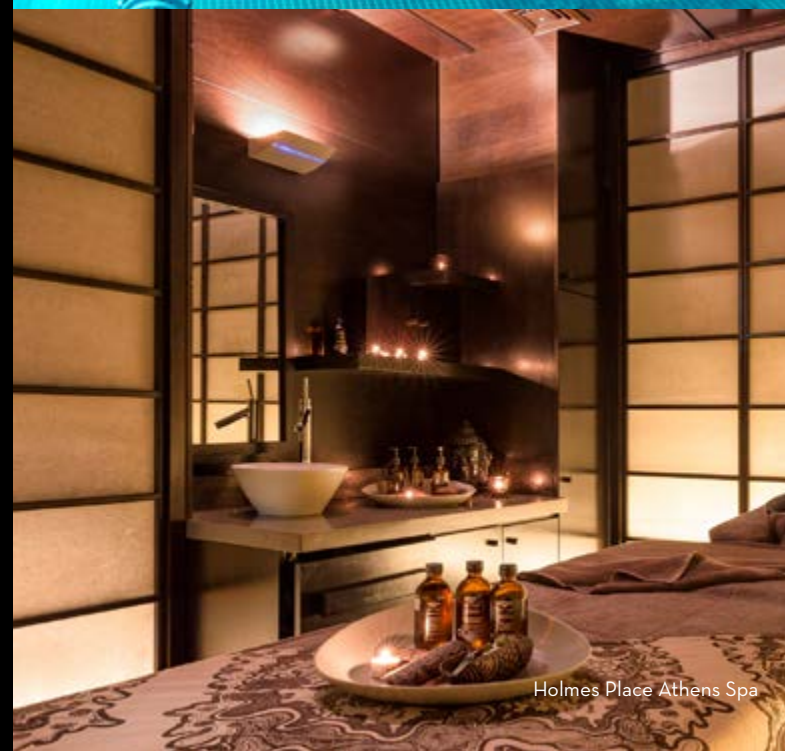
Holmes Place Maroussi



Holmes Place Athens



Holmes Place Maroussi



Holmes Place Athens Spa



Holmes Place Athens Café

FEELING *Well...*

Every club offers a wide range of exceptional services and the perfect environment to help hard-working people recharge their batteries. Feeling well is a result of taking the time to de-stress, to focus on one's self and personal positivity. The mind is a powerful tool when it comes to wellbeing and if you believe it, you will live it.

CHILLING *Out...*

Like exercise, eating well means a healthy body and mind. In our modern Cafés you can relax, catch up on work and discover our healthy meals & beverages to fuel your energy.

OUR *Values*

SUPPORT

We help our corporate members/ cooperating companies progress toward their goals by providing personalized guidance, tools and motivation so they feel good about their Holmes Place experience.

INCLUSION

We know that everyone comes to Holmes Place for different reasons and with different motivation. We believe there is no one-size-fits-all approach and we work to provide a non-judgmental experience where everyone can thrive.

BALANCE

We believe that achieving a balanced lifestyle is key for long-term success. This means advocating a well-rounded approach to health & wellness, but it also means balancing work and play – pushing yourself, but also enjoying the moment.

PROGRESS

‘Results’ come and go, so we believe in enjoying the experience and approaching every day as an opportunity to achieve what makes a positive difference in your long-term journey.



OUR *People*

Our People's mission is to guide and support you on your Holmes Place Journey.

We are always looking for talented people with a passion for fitness, nutrition, wellness and a healthy lifestyle to join this journey.

We are dedicated to our People's top performance, through continuous training at our Holmes Place Academy. Our aim is to further educate our Trainers to design Wellness programs that are safe, effective and will help individuals achieve their health and fitness goals. They are all experts and their mission is to inspire and motivate.



FOLLOW THE HOLMES PLACE

Corporate Wellness way!

We believe life should be enjoyed to its fullest and a healthy lifestyle allows us to live longer, happier and more balanced lives. We appreciate how important it is to look after your employees' wellbeing, therefore, we have created a range of corporate services dedicated to your employees' enjoyment and team bonding.

Additionally, for long term wellness we offer corporate products, such as, corporate memberships at a discounted rate, upon special corporate agreement.



LIVE THE *Difference!*

Be the change you wish to see in your organization!

Have you ever thought about organizing a team meeting in a completely different environment and also include some physical activity?

From Team Hiking to Weekend Retreats, we create unforgettable events that inspire individuals to get out of the office and get moving! Wellness experiences improve team bonding and help everyone get along better. The aim is to keep the spirit alive after the event, thus, maintain a fun and friendly atmosphere back at the office.

Discover innovative ways to organize Meetings, Press Conferences or any other corporate event, catered to your company's needs.



DISCOVER OUR CORPORATE *Wellness Solutions!*

Choose the programs and services that best meet the needs of your company's employees:

- Consulting & Coaching Services
- Onsite Wellness Programs
- Executive Wellness Sessions



HAPPY *People* = ACTIVE *People*

ACTIVENESS LEADS TO HAPPINESS.
BRING SOME FUN AND ACTIVITY AT WORK! HEALTHIER EMPLOYEES ARE
HAPPIER EMPLOYEES!

Companies with wellness programs:

- Have a more productive workforce
- Have fitter, stronger, more energetic, confident and optimistic people, with more control over their lives
- Create stronger bonds between colleagues, business and community
- Reduce health risks like heart disease and contribute in the cure of many lifestyle-related diseases (obesity, diabetes, osteoporosis, stress, etc.)
- Enjoy cost saving and increased productivity. It is well known that health and wellness services are the most popular benefits that workers voluntarily request from their employers.

"The journey of a thousand miles begins with a single step."

Lao Tzu



WHAT DO OTHERS SAY

about us?

The heart and soul of our Group and the key to our business excellence are our People! In ICAP Group, with a sense of responsibility towards our employees, we create an environment for strengthening our values and behaviors, so that our people can have equal opportunities and the best work life conditions. The Corporate Wellness culture fits perfectly with the corporate policy strategy for our people, as it makes their body & spirit stronger, fills them with energy and lifts their mood! Holmes Place is a partner of choice for the ICAP Group. Both the services it offers and the values it promotes are aligned with our Group's culture.

ICAP GROUP

In Hellenic Petroleum our goal is to provide a work environment that truly respects and supports the personal development and balance of our human resources. Caring for the physical condition and fitness level of our staff, is one of our top priorities, thus, we always look for reliable partners who can help us achieve this goal. Holmes Place is a valuable partner of Hellenic Petroleum, as their programs offer each employee incentives to participate, as well as, encouragement to continue.

HELLENIC PETROLEUM

P&G, throughout its history, has tried to enhance Personal Wellness in every aspect, from individual fitness to Corporate Wellness as a concept. We believe that the healthier an employee is and the more he invests in his or her fitness level, the more efficient he or she will be at work. As professionals and as people, P&G employees tend to be very demanding, therefore, we must recognize Holmes Place's extraordinary professionalism and high quality of services, which on many occasions have exceeded our expectations! Any activity that we have organized in collaboration with Holmes Place, has brought direct and apparent effects on the health and wellbeing of our employees. As a result, we see better employee performance, with better focus on daily tasks.

PROCTER AND GAMBLE



ADECCO

ADIDAS

AEGEAN AIRLINES

ALPHA BANK

ANTENNA GROUP

AXA INSURANCE

CARDIFF MARINE

COCA - COLA

CONNECTICORE

COSMOTE

DIAGEO

EASTERN MEDITERRANEAN MARITIME

ELPEDISON

EUROBANK

EUROPEAN COMMISSION

EY

FFG

FRAPORT

GRANDE BRETAGNE

GRIVALIA

HELLAS CAPITAL LEASING

HELLENIC PETROLEUM

HSBC

HYGEIA GROUP

IASO

ICAP

INTERAMERICAN

INTRACOM GROUP

IRI

KPMG

LAMDA DEVELOPMENT

L'OREAL

McKINSEY

METLIFE

MICROSOFT

MOTOROIL

NATIONAL BANK OF GREECE

NESTLE

NJV ATHENS PLAZA HOTEL

OCEAN BULK

OLIVE MEDIA

P&G

PERNOD RICARD

PIRAEUS BANK

PWC

QUALCO

SEANERGY MARITIME

SERVIER

THE ATHENS CONCERT HALL

TITAN

TRIPSTA

VODAFONE

WEBHELP

NN HELLAS

Enjoy the journey