

oyogo

PARKLANE CYPRUS

Partnership announcement

Oyogo works with hotels, resorts and unique locations to design and curate exceptional fitness and well-being services and events. Our skills lie in connecting the dots - pairing expert fitness, well-being and sports trainers with our hotel and resort partners. We have partnered with Parklane Cyprus to offer guests and members six fitness and well-being trainer residencies in October and November. Each week will be a different fitness or well-being expert into the resort to teach daily movement, fitness and wellbeing class offered complimentary to Parklane's guests.

22ND OCTOBER - 29TH OCTOBER

[Richie Norton](#)

Bio: Richie is a certified master trainer and yoga teacher with an international professional background in rugby and athletics. His love of competitive sport and performance nutrition took him on a journey working with some of the biggest names in the business, specializing in strength and conditioning, breathwork and calisthenics. Richie has trained with internationally respected sports professionals and studied alongside some of the pioneers in health and fitness nutrition.

[Tamara Harnett](#)

Bio: Ex showjumper and horse/rider trainer, specializing in improving athlete performance and energy connection. Forming better behavior foundations and teaching you the tools to build a strong bulletproof body. 5 years experience in sports strength and conditioning with a special interest in building a 'hybrid' body that is capable of any activity or action, for life!

What to expect:

This week is all looking at the body and mind as a whole. Oyogo will be offering a mixture of well-being and fitness classes that allow you to de-stressed and reset, move, breathe and self-connection. Trainer Richie will lead you through a variety of breathwork and deep yoga stretching classes while Tamara will work you hard in some bootcamp-style fitness and strength classes. The perfect combination to leave your holiday at Parklane feeling fitter, healthier and more relaxed too!

TO ADD

Classes:

- **Breath Exploration & Body Reset stretch**
- **Pool training**
- **Slow paced strength**
- **Wind-down stretch and sound-bath**

Breath Exploration & Body Reset

Join Oyogo and get to grips with some core yoga and breath-work techniques designed to enhance your overall well being, reduce stress and reset the body. During these sessions you will intentionally change your breathing pattern and practice breathing in a systematic and conscious way with de-stressing the body through deep stretching and yoga

Slow Paced Strength - Beginner/intermediate

Oyogo's trainer Tamara loves form and function, so join her for a slow, strong and sweaty workout. Taking time to focus on strength and conditioning over speed and agility. You will use body weights and resistance bands to concentrate on form and building strength while still getting an exceptional workout. A great low-impact option

Winddown Stretching & sound bath meditation

The aim of this practice is to leave you feeling relaxed, present, and lighter in your body & mind. We will stretch & open up the whole body, unlock & relieve muscle tension, unwind and destress. Tam will finish the practice by guiding you through calming breathwork & meditation, and take you on a little sound journey to allow you to fully let go, heal and recharge your batteries.

Bodyweight Bootcamp - All Levels Take it down to basics with Oyogo Trainer Tamara. Raise your heart rate without using any equipment - this fast paced class will teach you how to get in a great workout wherever you find yourself. This class will focus on building heat and intensity through cardio intervals mixed with running sprints to challenge mind and body.

29TH OCTOBER - 5th November

[Jo-leigh](#)

Pilates, Barre and Yoga

Bio: Trained in Yoga, Barre and Pilates, Jo-leigh turns to movement as both a sanctuary and a creative outlet. Her Oyogo classes will deepen your mind-body connection, embrace challenges and show yourself that you are worthy of your own commitment.

What to expect:

A week filled with well-being and movement to help you stretch, strengthen and lengthen your body as well as finding new ways to de-stress and reset in a variety of yoga, pilates and barre style classes with Oyogo trainer Jo-Leigh.

Classes:

- Slow Flow Vinyasa Yoga
- Cardio Barre & Burn
- Tone & sculpt
- Power Pilates (mat based)
- Dynamic Vinyasa
- Rest and restore

Slow Flow Vinyasa Yoga - (beginner/Intermediate)

Oyogo's Slow flow Vinyasa class is an opportunity to slow things down and find space, body and mind. This session will have a focus on emotional grounding by working into the hips and glutes to help release blocked emotional channels through breath-led yoga intentional movement. Expect a slow-paced breath-led yoga class with something for all abilities.

Cardio-Barre & Burn - (intermediate/advanced)

Cardio-Barre & Burn is a high energy, full body barre class that will lift your heart rate through dynamic dance moves, small free weights and Barre pulses.

Tone & Sculpt - (All Levels)

Oyogo's signature Tone & Sculpt workout pulls together barre and pilates principles in a high energy, full body offering. We hope this session leaves you sweaty, energised and ready for a cocktail!

Power Pilates - Mat based - (Beginner/Intermediate)

This beginner mat pilates session is a perfect balance of full body toning and strengthening that will help you build strength and stability. Think deep stretching, lengthening and strengthening!

Dynamic Vinyasa Flow - (intermediate/advanced)

Jo-leigh will lead you through a dynamic and steady breath-lead dynamic flow class, giving you time and space to explore and reconnect. Expect a fast-paced, sweaty class with an opportunity to create self awareness in this moving meditation.

Rest and restore - (intermediate/advanced)

An opportunity to slow things down and find space. This practice is based around yin yoga with a focus on grounding postures. It's less about doing and more about being in this space to allow yourself time. This class will be mainly floor-based with gravity doing all the work so you can release, let go and go deeper into those closed off areas.

5th November - 12th November

[Naomi Heffernan](#)

Bio: London-based Nike and Barry's Trainer Naomi is not one to shy away from a tough workout. Having recently competed in the Hyrox World Championships in Manchester, she loves to challenge not just herself but her clients too. Expect to come out of one of Naomi's classes feeling accomplished (and probably a little sweaty!).

What to expect:

A week to get moving and get sweaty! Join Oyogo trainer Naomi for a mixture of high intensity interval training sessions, slower paced strength classes and sprints and running based fitness workouts to leave you feeling accomplished and energised!

Classes:

- HIIT Strength
- HIIT & Run
- Slow Paced Strength
- HIIT Cardio
- Strength and mobility

HIIT Strength - All Levels

Our HIIT Strength is a fun and sweaty medium intensity workout based on strength, conditioning and stabilising. This class is designed to be a total body workout, with a mix of short hard work interspersed with rest periods which will leave you energised and ready for the day ahead.

HIIT & RUN - Intermediate / Advanced

This class will focus on building heat and intensity through cardio intervals, free weights mixed with running sprints to challenge mind and body. Let our expert trainers put you through your paces on hill sprints and circuits - challenging yet satisfying!

Slow Paced Strength - Beginner/intermediate

Oyogo's trainer Naomi loves form and function, so join her for a slow, strong and sweaty workout. Taking time to focus on strength and conditioning over speed and agility. You will use body weights and resistance bands to concentrate on form and building strength while still getting an exceptional workout. A great low-impact option

HIIT Cardio - All Levels

A high intensity workout based on cardio, conditioning and strengthening. This class is designed to get you moving, using agility, speed and high-intensity free weights to leave you feeling 'done'! Come challenge yourself!

12th November - 19th November

[Heather Heart](#)

BIO: Energy giver Heather loves all things calming. Finding it hard to stay calm herself, Heather works hard to create a feeling of safety and sense of being enough for her and her clients. As an ex-dancer it was easy to never quite feel good enough, therefore Heather sees the impact that yoga has had on her wellbeing more than most and looks to introduce, develop and enhance this feeling in others.

What expect

Guests can join Oyogo trainer Heather for a series of dynamic Yoga classes and deeply restorative stretching sessions. These sessions are aimed to help guests explore the body, find balance in the mind and reset some much needed calm. The schedule will invite guests to try a variety of Yoga styles, all aimed at mixed abilities and levels so you can take it at your own pace. The perfect way to learn new breath-work techniques and great ways to de-stress with Yoga.

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- Rest and restore

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Rest and restore (intermediate/advanced)

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19th November - 26th November

[Justin Koached](#)

Bio: Justin's mantra is all about improving fitness, health and quality of life inspired by the connection he has with his sister Jelita. Diagnosed with lenaux gastau at a young age she only learned to barely walk at the age of 12. This lack of motor skill in movement and development of my sister has driven my passion to provide a service to everyday people who have been moving, training, exercising and working in ways that will harm their bodies in the long run. His teaching style is about goal setting as a focus point and an emphasis on the importance of a healthy and balanced lifestyle through proper training.

What to expect:

Justin will put you through your paces in a series of cardio-based classes that will get you sweating and moving. He will also give you the chance to develop more strength, form and control in his strength-based sessions. Come move with him and leave Parklane feeling stronger, fitter and healthier!

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- HIIT & Run
- Slow Paced Strength
- HIIT Cardio

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