

REAL MOTION

THE FUNCTIONAL COMPANY

LOOKBOOK

We create training spaces

Founded in 2005, Real Motion operates at the intersection of fitness, health, and performance. The company delivers a comprehensive range of services that span the distribution and trade of premium fitness equipment across Greece, Romania, Bulgaria and Cyprus, as well as the design, construction, and management of gyms, fitness clubs, and sports centers.

In parallel, Real Motion provides consulting services in organization, operational management, and executive education, supporting professionals and organizations within the exercise and wellness industry to grow sustainably and strategically.



Training Room Pefki

Location | 41 Eirinis Ave., 15121, Pefki

Training Type | Strength, Functional, Cardio

Brands | Freemotion Fitness, Stages Bikes, BASI Systems, Salter Fitness, O'live Fitness



TATOI Club

Location | 22 Erythreas Rd, 136 77 Varibobi, Athens

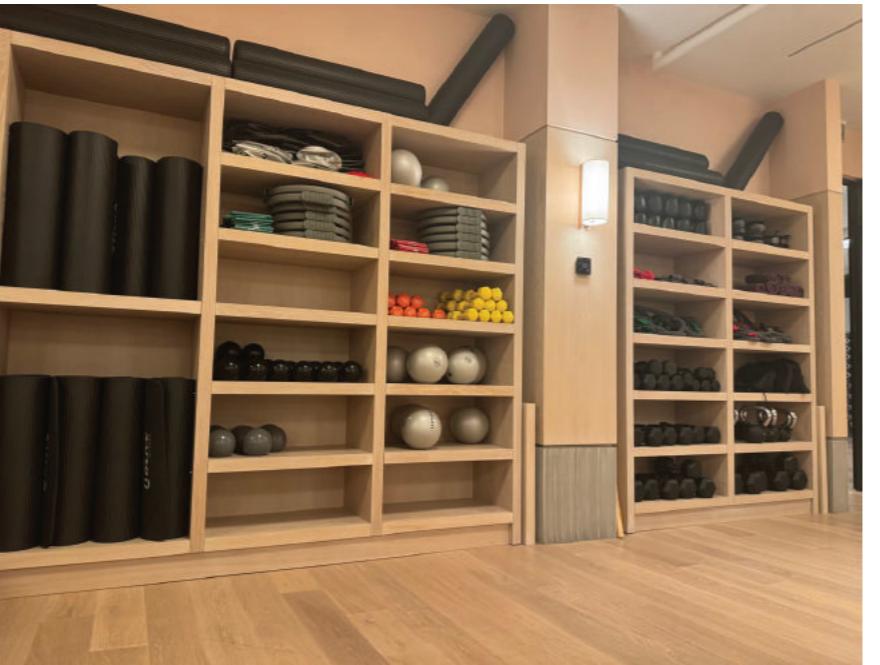
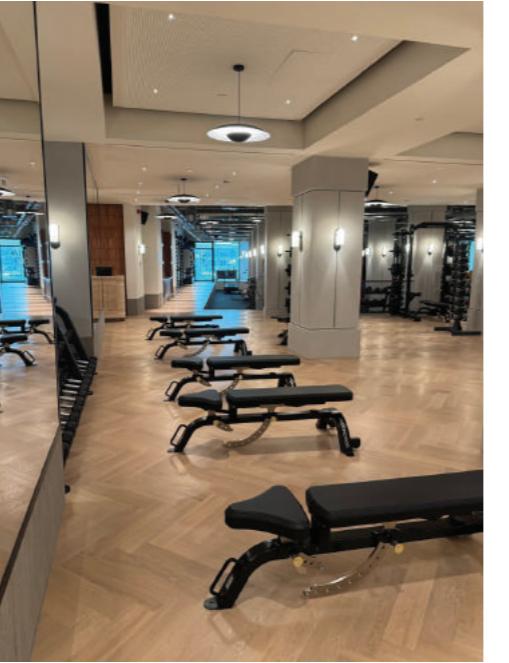
Training type | Functional, Strength, Pilates, Spin Room, Cardio

Brands | Freemotion Fitness, BASI Systems, Stages Cycling, O'live Fitness



Shaping the future of wellness in the heart of Athens.

Designing the next landmark of urban wellbeing



This private members club in central Athens is conceived as a contemporary sanctuary for culture, movement, and social connection.

Designed to the highest architectural and experiential standards, it blends refined hospitality with wellness, work, and leisure into a single, cohesive environment.

The club features curated fitness and movement spaces, including Pilates and performance training, alongside spa and recovery facilities, dining, and elegant social areas. Every element is intentionally designed to support longevity, discretion, and daily ritual, attracting a community of local and international members who value quality, privacy, and meaningful experiences.

Positioned as a new benchmark for urban members clubs in the region, it represents a shift away from traditional gyms or social clubs toward a fully integrated lifestyle ecosystem where wellness, culture, and community are inseparable.



NEED FOR FITNESS 2

Location | Leof. Mesogeion 253 Neo Psichiko, 154 51

Training type | Functional, Strength, Pilates, Spin Room, Cardio

Brands | Freemotion Fitness, BASI Systems, Stages Cycling, Salter Fitness, O'live Fitness

Need for Speed is a fully equipped and motivating space dedicated to physical wellness, created with a clear vision: to offer a fresh training experience every single day. The gym is designed to welcome everyone, from those taking their very first steps into fitness to experienced athletes seeking high-level performance.





20 years of active presence

With over 20 years of active presence in the market and a strong portfolio of successfully completed projects, Real Motion has established itself as a trusted and long-term partner in the fitness and wellness sector. Throughout our journey, we have designed, developed and supported flagship fitness clubs, boutique studios and high-performance training environments, setting new standards in functionality, aesthetics and operational efficiency.





BALANZE PILATES

Location | Agiou Georgiou 24, 15 451, Psychiko, Athens, Greece

Training type | Pilates

Brands | BASI Systems

Balanze Pilates is a boutique studio Pilates in the heart of Neo Psychiko. It offers a holistic and modern exercise approach that combines the traditional Joseph Pilates method with original equipment provided by the American company BASI Systems. In brand-new premises designed according to the essential principles of Zen, that is simplicity, inner peace and harmony, we offer you private or semi-private training in small groups.



Golden Union Corporate Gym

Location | Dionisiou Solomou 32, Likovrisi 141 23

Training Type | Strength, Cardio, Functional

Brands | Freemotion Fitness, Salter Fitness, Evolve Fitness O'live Fitness

Undertaking the realization of this particularly demanding project required us to fully respect the owners' uncompromising pursuit of perfection and their high design standards. The challenge was to deliver equipment of exceptional functionality, meeting the expectations of highly experienced, dedicated users, while also achieving a refined aesthetic that integrates seamlessly into the space's striking architectural identity.





Ground Zero Training Area

Location | Epidavrou 5β, Glifada 165 61, Greece

Traning type | Spin Room

Brands | Stages Cycling

Wide range of sectors

Our experience spans a wide range of sectors, from premium hospitality and wellness resorts to medical, rehabilitation and professional fitness facilities. Each project is approached with strategic insight, technical expertise and a deep understanding of how space, equipment and movement work together to create exceptional training experiences. By combining innovative products, intelligent design and ongoing operational support, Real Motion continues to build environments that inspire movement, enhance performance and stand the test of time.



Ikos Resorts

Location | Gerakini Beach, 63 100, Chalkidiki, Greece
Training Type | Outdoor functional, Cardio
Brands | O'Live fitness, Stages

Private Residence

Training type | Strength, Pilates, Cardio
Brands | Freemotion Fitness, BASI Systems, Salter Fitness, O'live Fitness

For this private villa in Nafplio, we curated a fully integrated fitness space tailored to personal training and everyday wellness. The gym was equipped with a balanced selection of strength, Pilates, and cardio machines, complemented by functional accessories from Freemotion Fitness, BASI Systems, Salter Fitness, and O'live Fitness.

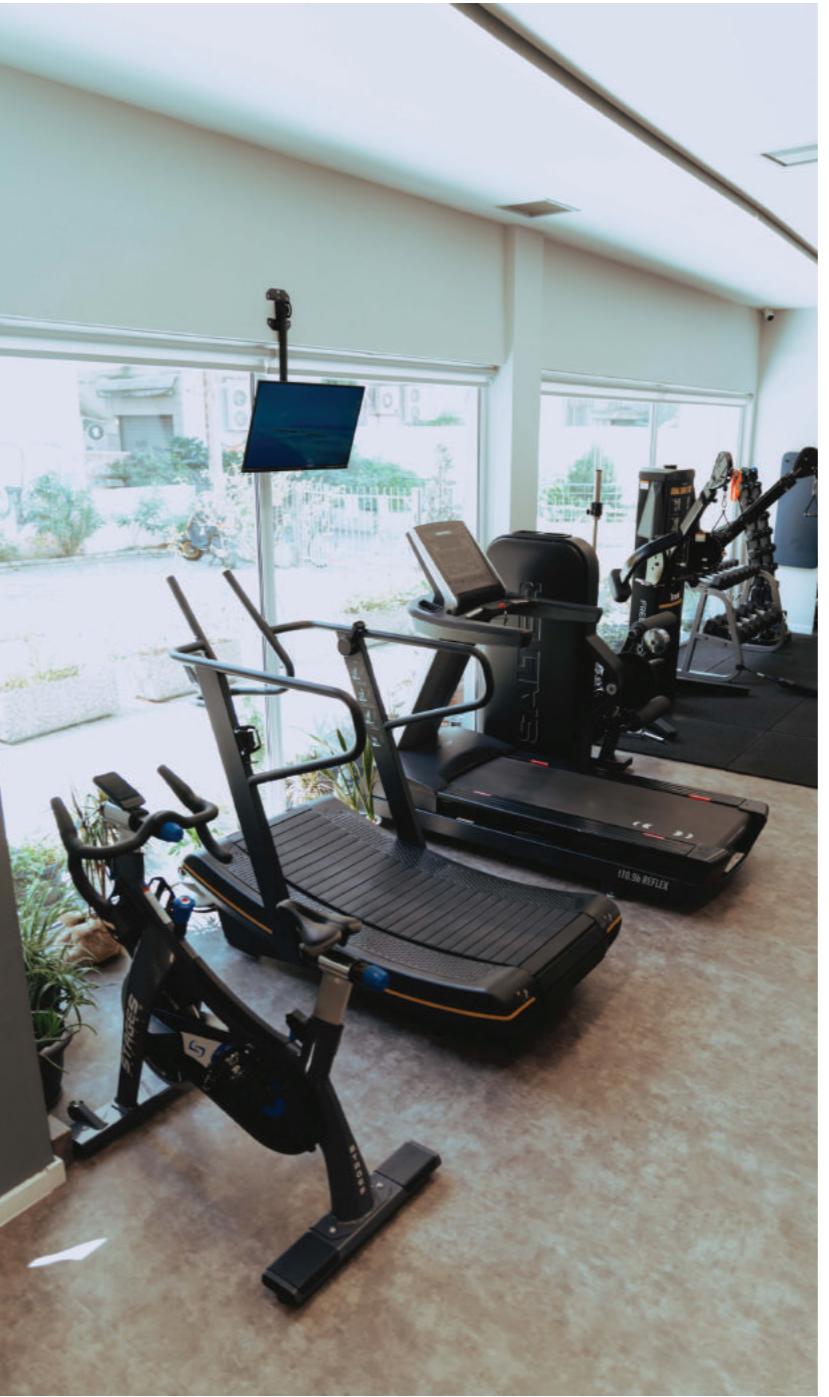
The result is a discreet yet high-performance training environment that blends seamlessly into the villa's lifestyle, offering versatility, comfort, and professional-level quality for a complete wellness experience at home.



THERA Kinesis Lab

Location | Lamprou Katsoni 33, Larisa, Gr
Traning type | Functional, Strength, Cardio

Brands | Freemotion Fitness,
BASI Systems, Salter Fitness,
Stages Indoor Cycling, O'live Fitness



What truly sets THERA Kinesis Lab apart is its team of specialized trainers and coaches, who provide continuous guidance and personalized support throughout every stage of the training journey. The focus is not only on physical improvement, but on building sustainable movement quality, strength, and confidence.

Equipped with premium solutions from Freemotion Fitness, BASI Systems, Salter Fitness, Stages Indoor Cycling, and O'live Fitness, the lab delivers a high-level training environment where technology, functionality, and expertise work in harmony—supporting each client on their path to becoming the best version of themselves.

Design and implementation of outdoor facilities

Beyond indoor fitness spaces, Real Motion brings the same level of precision, innovation and design excellence to outdoor training environments.

We specialize in the creation of bespoke outdoor fitness facilities, seamlessly integrated into their natural and architectural surroundings. Each project is carefully engineered to withstand demanding conditions while delivering a refined, high-performance training experience.

Our outdoor solutions incorporate custom-designed installations, galvanized-treated steel structures, aluminum-frame equipment, and advanced weather-resistant, marine-grade materials. Every element is selected to ensure exceptional durability, maximum safety and long-term performance, even in coastal and high-exposure environments.

91 Athens Riviera

Location | 4 Alkionidon Ave., 166 73 Voula

Training type | Strength, Cardio, Pilates

Brands | Freemotion Fitness, BASI Systems, O'live Fitness



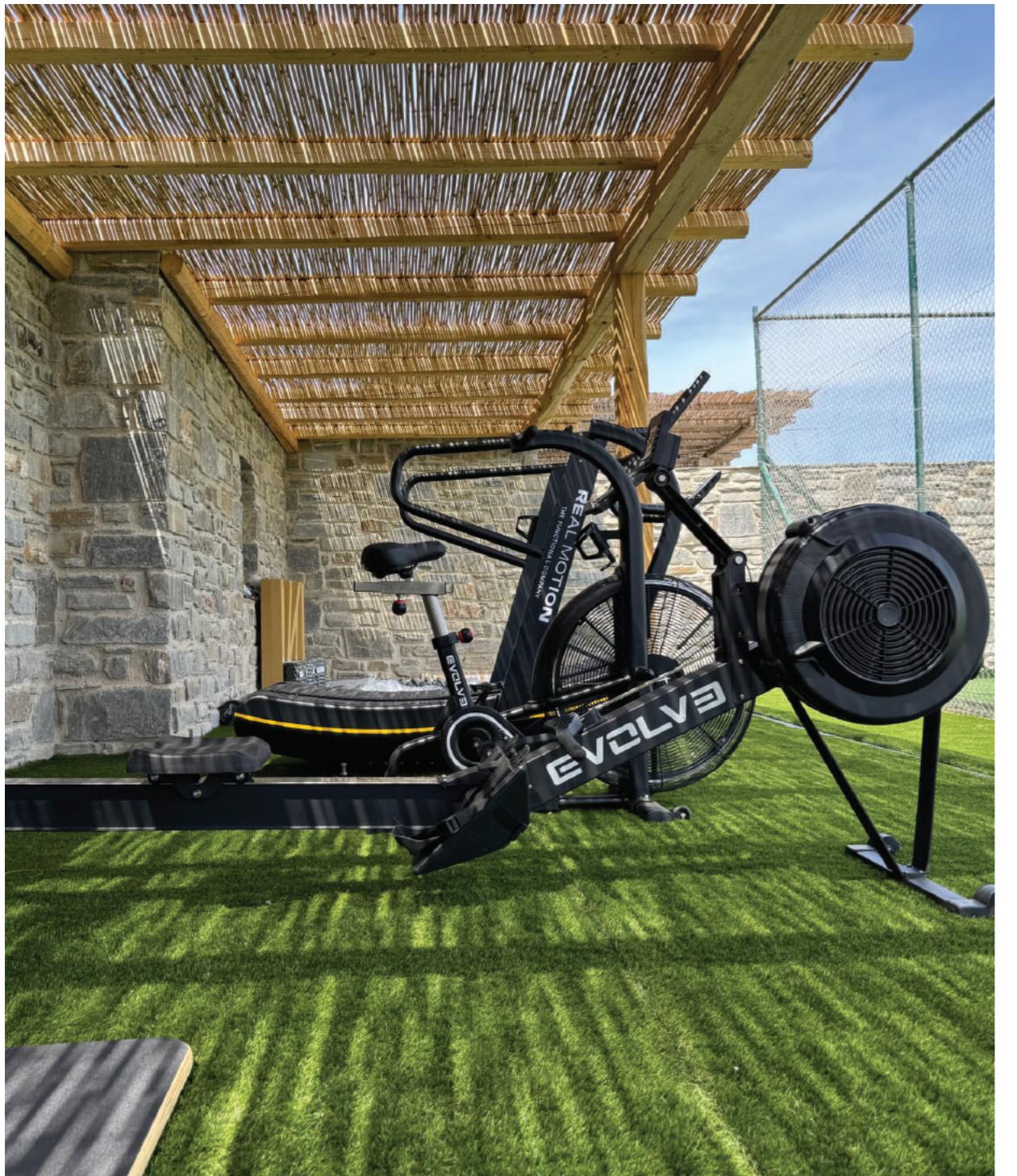


91 Athens Riviera

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Training type | Strength, Cardio, Pilates

Brands | Freemotion Fitness, BASI Systems, O'live Fitness



POSEIDON OF PAROS HOTEL AND SPA

Location | Chrissi Akti, 84400, Paros
Training Type | Functional, Cardio
Brands | O'live Fitness | Evolve Fitness

The outdoor gym at this hotel in Paros offers a truly elevated training experience. Equipped with high-quality cardio machines, functional training equipment and carefully selected accessories, the space allows guests to train efficiently while enjoying the natural surroundings of the island.

Designed to combine performance, durability and aesthetics, the gym supports a wide range of workouts, from strength and conditioning to functional and cardio sessions. A seamless blend of fitness and environment, it reflects a commitment to wellness at the highest level.



Alassia NewShips Corporate Gym

Location | 138 Dionysou Str, 151 24 Maroussi, Athens, Greece

Training type | Strength, Cardio

Brands | Salter Fitness, Freemotion Fitness

Our Brands

FREE MOTION

basi
SYSTEMS

SALTER
The ESSENCE of fitness

O'LIVE
FITNESS

iFIT

STAGES
CYCLING

CICLOTTE

realryder

TOGU

EVOLVE

IONITER

G-C
GYM CARE
Technical Services

noo
PILATES
WEAR



Caldera Collection Hotels, Santorini

Location | Fira, 84700 Santorini, Greece

Training Type | Strength, Cardio

Brands | Freemotion Fitness, Salter Fitness



Ananti City Resort

Location | Loggaki, Trikala 42175
Training Type | Strength, Cardio
Brands | Freemotion Fitness

By partnering with Freemotion and iFIT, guests staying at The Ananti City Resort can access tens of thousands of live and on-demand workouts, led by more than 180 top professional athletes, gold-medal Olympians, celebrity coaches, and more. As their iFIT trainer automatically adjusts their incline, decline, speed, and/or resistance on their cardio machine, guests are virtually transported to the world's most breathtaking destinations. The Fitness Club is also equipped with GENESIS DS line. Our dual-stations machines giving twice the cable-strength power in one modest footprint, various training options with seated and standing positions and unrestricted range of motion for users of various fitness levels.



Architectural harmony & aesthetic sophistication

Real Motion projects are developed with a strong focus on functionality, architectural harmony and aesthetic sophistication. Representative large-scale resort installations demonstrate our ability to combine technical excellence with elegant design, creating training spaces where performance, comfort and visual identity coexist seamlessly.





Four Seasons Athens

Location | Apollonos 40, Vouliagmeni 166 71, Greece

Training Type | Pilates

Brands | BASI Systems

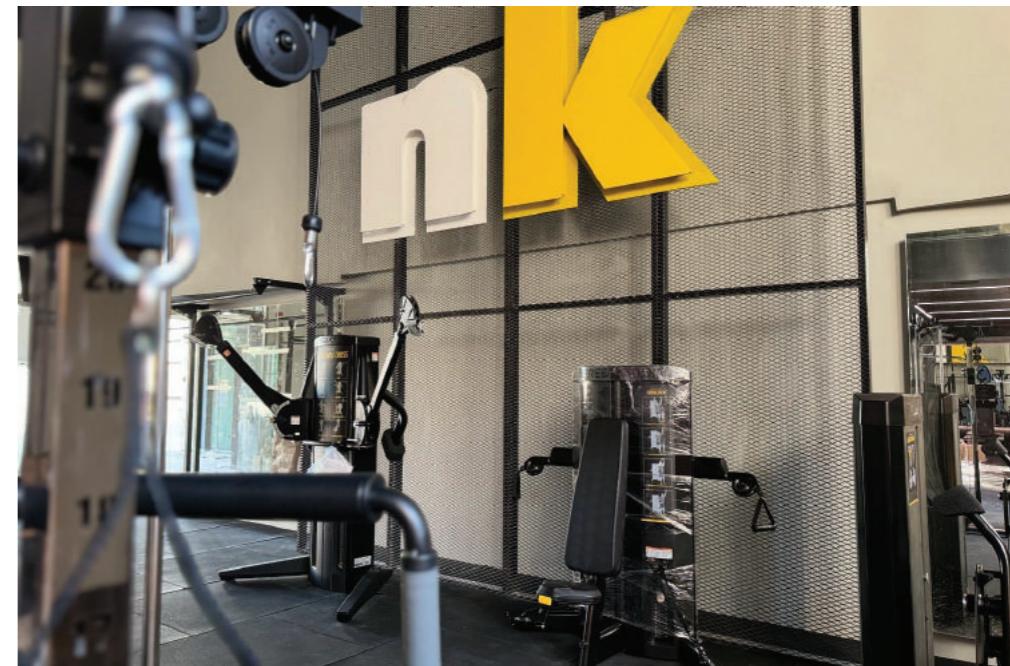
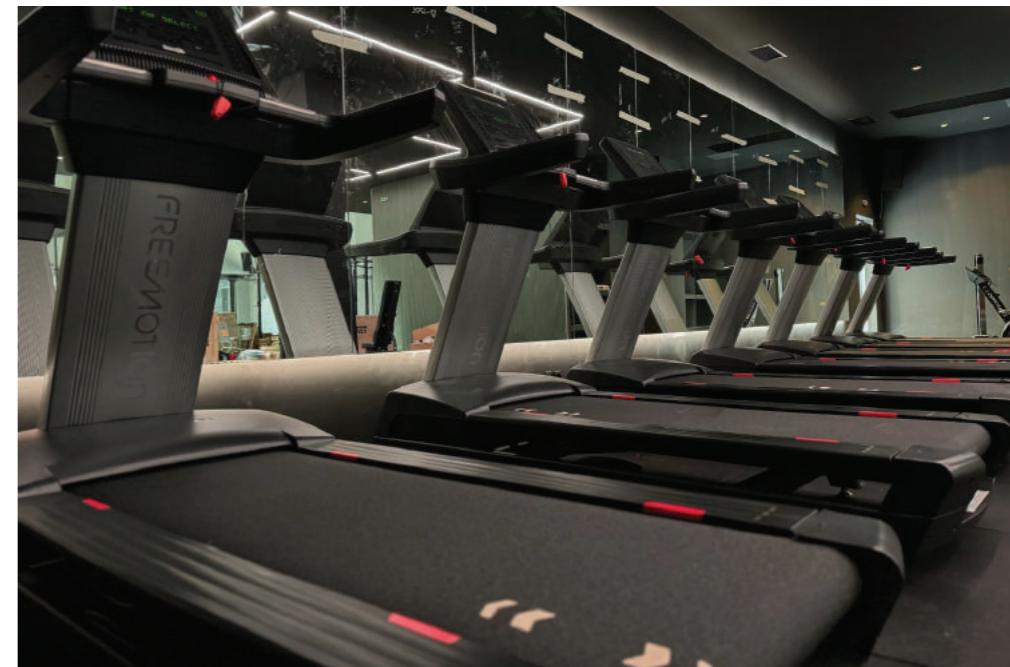
Four Seasons hotel exemplifies refined luxury and holistic well-being, offering guests an exceptional fitness and wellness experience. We are proud to have equipped its Pilates studio with premium machines and accessories from BASI Systems, delivering uncompromising quality, precision, and performance. The result is a sophisticated training environment that supports mindful movement, strength, and balance—perfectly aligned with the Four Seasons philosophy of excellence and personalized care.

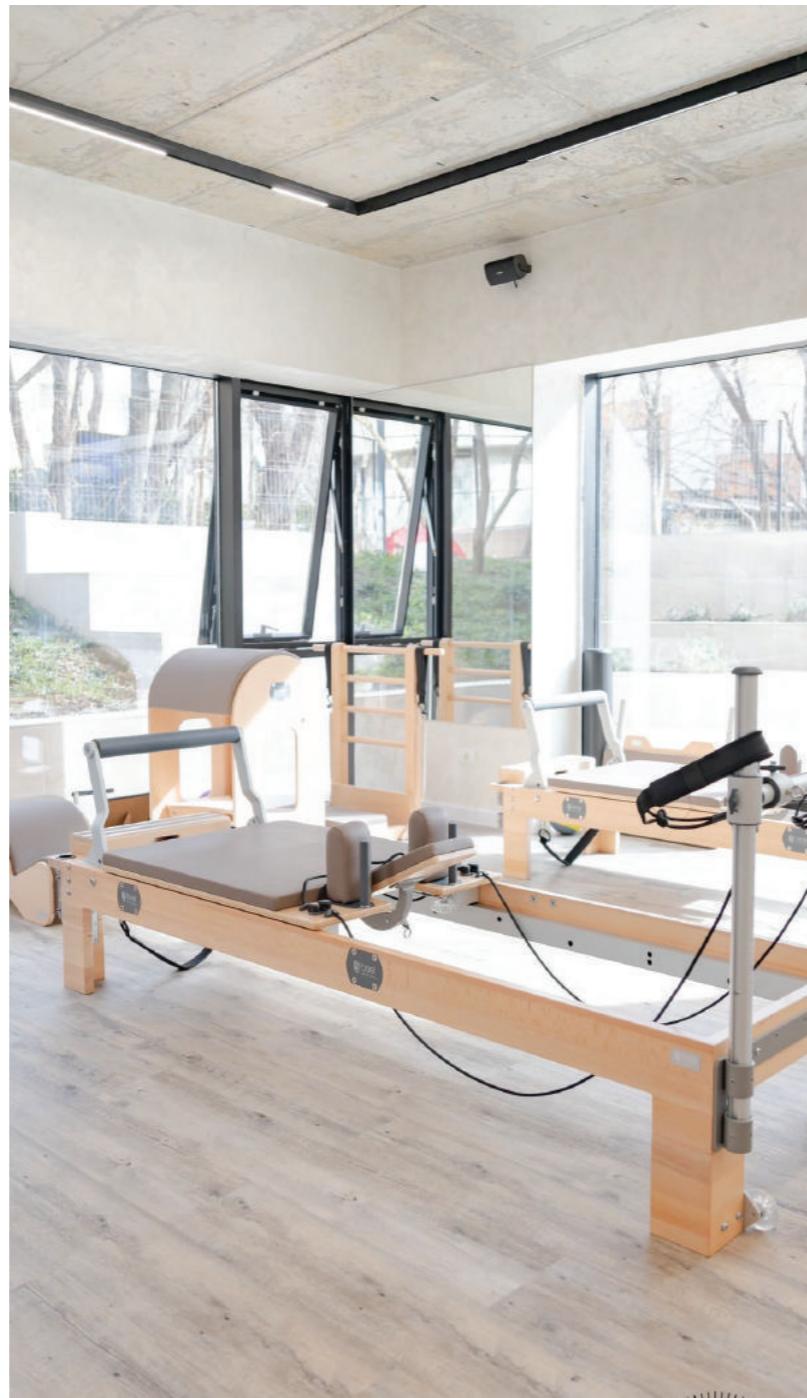


NK Club Cholargos

Location | Leof. Mesogeion 232, Cholargos 155 61, Greece
Training Type | Strength, Cardio
Brands | Freemotion Fitness, Salter Fitness, O'live Fitness

For this gym, the cardio area for group aerobic programs was equipped with Freemotion t10.9b treadmills powered by iFIT, delivering immersive, interactive training experiences and consistent performance for high-volume use. The strength training zone was carefully designed to support comprehensive muscle development, featuring the Freemotion Dual Cable Cross, DS Chest / Shoulder, and selected machines from the Epic Selectorized line. The setup is further enhanced with the Salter 4 Stations Multi Pulley and the O'live Pro Series Hip Thrust, creating a balanced, functional, and high-performance training environment.





Maison Pilates

Location | Win Herastrau Intrarea Glei
18, sector 1, Bucuresti
Traning type | Pilates
Brands | BASI Systems

Maison Pilates is a brand-new Pilates studio in Bucharest, thoughtfully and fully equipped with BASI Systems Pilates equipment. The studio has been designed to deliver a premium, authentic Pilates experience, combining refined aesthetics with exceptional functionality. High-quality apparatus and precise engineering ensure smooth movement, safety, and performance, creating an inspiring environment for both instructors and clients.

COSTA NAVARINO | Employees Gym

Location | Costa Navarino Bay, Gialova, 240 01, Pylos

Traning Type | Strength, Cardio

Brands | Salter Fitness, Evolve Fitness

The true value and quality of a company are reflected not only in its commitment to delivering exceptional services to its customers, but also in the care and support it provides to its people! TEMES S.A.'s ongoing dedication to creating a supportive and empowering work environment is a testament to its philosophy of ensuring high-quality living conditions for its team. The new Gym for Costa Navarino employees is complete another step forward in enhancing their wellbeing and daily experience.





RealFit

Location | 70 Km, Thessaloniki Moudanion, Tompazi 21, Pilea 55102, Greece
Training Type | Strength, Pilates, Cardio
Brands | Freemotion Fitness, Salter Fitness, O'live Fitness

Housed in an impressive 2,500 sqm space, RealFit gym offers a clear, effective and unrestricted training experience, combining innovative group classes with a fully equipped free-weights and functional training area. Equipped with premium strength, Pilates and cardio machines and accessories from Freemotion Fitness, BASI Systems, RealRyder and O'live Fitness, RealFit delivers a truly complete and high-performance training environment.





U Pilates Club

Location | 48 Kapodistriou Ave., 152 37, Filothei
Training Type | Pilates
Brands | Basi Systems



U Pilates Club in Athens sets a benchmark for contemporary Pilates studios. Fully equipped with Basi Systems' complete Pilates range, the studio offers an exceptional training environment that reflects precision, control and uncompromising quality. Every piece of equipment has been selected to support optimal movement, flow and alignment, allowing instructors and clients to experience Pilates at the highest level. The result is a refined, functional space where performance, aesthetics and craftsmanship come together seamlessly.



Cali Mykonos

Location | Kalafati, 846 00 Mykonos, Greece

Training type | Strength, Cardio, Pilates

Brands | Freemotion Fitness, BASI Systems, Salter Fitness

Reshape the way people experience exercise

At Real Motion, our vision is to reshape the way people experience exercise.

Our mission is to:

- Integrate physical activity seamlessly into everyday life
- Promote fitness as an engaging, enjoyable, and rewarding experience
- Deliver measurable benefits to health, performance, and overall well-being

We are committed to empowering fitness professionals with **reliable tools, innovative solutions, and continuous support**. By introducing products of exceptional build quality and advanced functionality, and by standing alongside our partners through education and after-sales services, we create long-term value and lasting partnerships.

Koukoumi Vegan Hotel – Mykonos

Location | Ano Mera, 846 00, Mykonos

Training Type | Strength, cardio

Brands | Salter Fitness, O'Live Fitness



Koukoumi Hotel, the first and only vegan hotel in Greece, is a truly unique hospitality destination set in the traditional village of Ano Mera. Designed as a peaceful sanctuary for mindful and sophisticated travelers, the hotel embodies the values of authenticity, simplicity, and balance, offering a holistic experience that nurtures both body and mind. We are proud to have equipped Koukoumi's fitness space with high-quality strength and cardio machines and accessories from Salter Fitness and O'live Fitness, perfectly complementing the hotel's philosophy of wellness and healthy living. Every detail reflects harmony, refinement, and care, creating an environment where guests can fully relax, reconnect, and enjoy a genuinely healthy and inspiring stay.

Hyatt Regency Thessaloniki

Location | 13 kilometres, Perea 570 01, Greece

Traning Type| Pilates

Brands | Basi Systems

Hyatt Regency Thessaloniki stands out as a premier destination for wellness, comfort, and world-class hospitality. We are proud to have equipped its fitness and wellness spaces with high-quality Pilates machines and accessories from BASI Systems, creating an environment that supports precision, balance, and mindful movement. This thoughtfully designed studio enhances the guest experience, reflecting Hyatt Regency's commitment to excellence, relaxation, and holistic well-being.



We care about your equipment

Gym Care, sister company of Real Motion, was founded with a clear vision: to deliver high-level installation, repair, and maintenance services for fitness equipment. Their expertise goes far beyond basic setup, each installation strictly follows manufacturer specifications, ensuring safe, seamless, and long-term performance. From meticulous functionality testing and scheduled re-checks 10–15 days after installation, to detailed equipment service history tracking and full guidance on operation and warranty terms, Gym Care focuses on the details that truly make the difference. Their professional approach allows clients to protect their investment and enjoy their fitness equipment with complete confidence and peace of mind.



'NOOS' SHAPES YOUR MOVES

Noos was created with a clear and thoughtful purpose: to express the harmony between mind and body that emerges through Pilates and mindful movement. Each piece is designed not only to perform during practice, but to accompany you effortlessly throughout the day staying true to the principles of slow fashion, conscious production and timeless design.

Our vision is rooted in accessible luxury. Noos speaks to those who recognize quality in the details: carefully selected fabrics, refined construction, precise stitching and distinctive silhouettes that stand the test of time.

Performance and ease coexist naturally. Our garments support movement when you train, and transition seamlessly into moments before and after relaxed, elegant and versatile.

Design, fabric and color are in constant dialogue, driven by curiosity and exploration. We observe contemporary trends, interpret them thoughtfully and integrate them with intention, creating collections that feel current yet enduring.





Palmyra Beach Hotel, Athens

Location | 70, Posidonos Avenue, Glyfada 166 75, Athens Greece

Training type | Strength, Cardio

Brands | Salter Fitness

REAL MOTION

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OUR DETAILS

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