



# FITNESS CENTER PROGRAM

AT PLAYA GRANDE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM	BOOT CAMP	BEACH YOGA	BOOTH CAMPO	BEACH YOGA	BOOT CAMP	BEACH YOGA
8:00 AM	BEACH POWER WALK	TENNIS DRILLS & GAMES	BEACH POWER WALK	TENNIS DRILLS & GAMES	BEACH POWER WALK	TENNIS DRILLS & GAMES
9:00 AM	POWER YOGA	PILATES	POWER YOGA	PILATES	POWER YOGA	PILATES
10:00 AM	ABS WORKSHOP	CARDIO THAI BOXING	CROSSFIT	ABS WORKSHOP	CARDIO THAI BOXING	CROSSFIT
11:00 AM	DAY 1: CIRCUIT WEIGHT TRAINING	DAY 2: PUSH-PULL SPERSETS	DAY 3: INTERVAL EXPLOSIVE WORK OUT	DAY 4: UPPER & LOWER BODY	DAY 5: FUNCTIONAL TRAINING	DAY 6: COOL DOWN STRETCHING ROUTINE
12:00PM 1:00 PM	<b>P E R S O N A L   T R A I N I N G</b>					
2:00 PM	CORNHOLE TOURNAMENT	LADDER TOSS TOURNAMENT	AQUABODY SCULPTING	CORNHOLE TOURNAMENT	LADDER TOSS TOURNAMENT	
3:00 PM	STEP CORE & BALANCE	STRETCHING	CARDIO THAI BOXING	STRETCHING	FUNCTIONAL TRAINING	
4:00 PM	PICKLEBALL GAMES & TOURNAMENTS	HIKING AT THE SUNSET	PICKLEBALL GAMES & TOURNAMENTS	HIKING AT THE SUNSET	PICKLEBALL GAMES & TOURNAMENTS	

24/7, self-training. Outdoor activities may be canceled due to weather conditions.  
 Classes cost \$30 USD. No reservation is necessary; please arrive 10 minutes in advance.  
 Tennis Drills or Pickleball are free, with a minimum of 2 to 4 participants.  
 Tennis court subject to availability; reservation through Playa Grande's concierge.

**FOR INFORMATION, DIAL EXTENSION GYM 73951, CONCIERGE 73322, SPA 73204.**