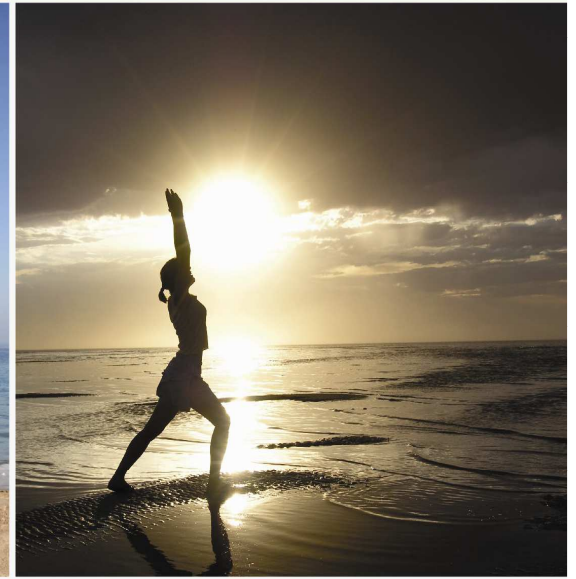
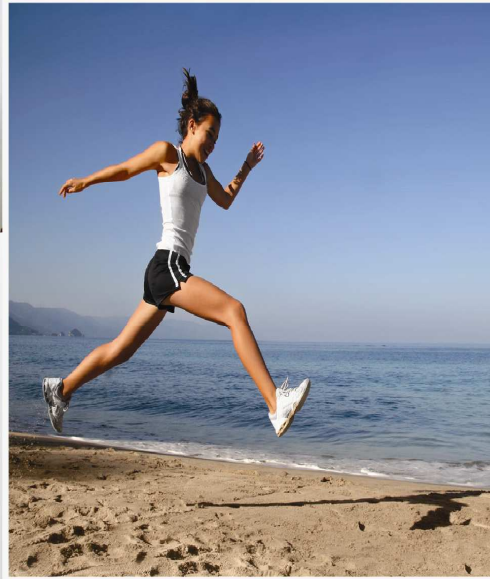
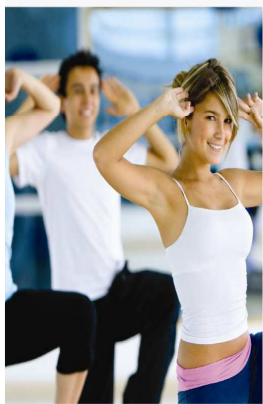
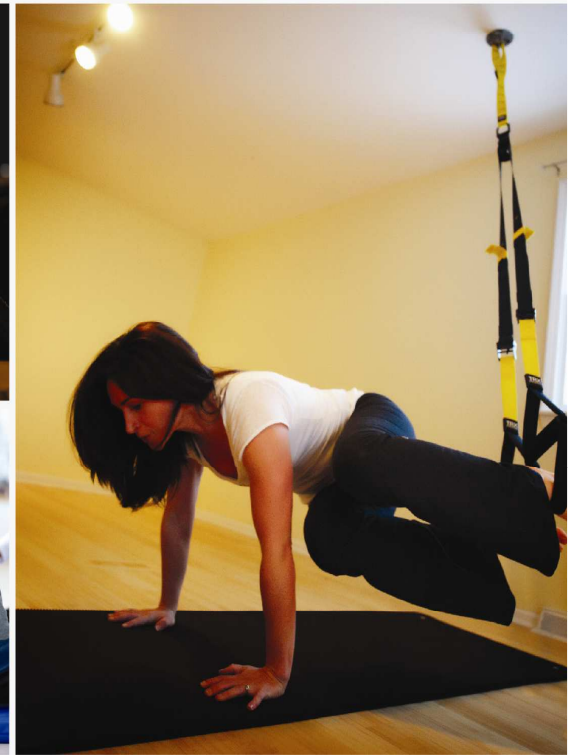


# Esperanza Spa Activities Program



THE  
spa  
AT ESPERANZA



# Esperanza Spa Activities Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					7:00-8:00 am Sunrise Yoga	
8:00-9:00 am Morning Walk		8:00-9:00 am Mountain Biking		8:00-9:00 am Morning Walk		
9:00-10:00 am Yoga class	9:00-10:00 am Yoga class	9:00-10:00 am Yoga class	9:00-10:00 am Yoga class	9:00-10:00 am Yoga class	9:00-10:00 am Yoga class	9:00-10:00 am Yoga class
	9:30-10:30 am Boot Camp	9:30-10:30 am Boot Camp	9:30-10:30 am Boot Camp	9:30-10:30 am Boot Camp		
10:15-11:15 am Yoga class	10:15-11:15 am Yoga class	10:15-11:15 am Yoga class	10:15-11:15 am Yoga class	10:15-11:15 am Yoga class	10:15-11:15 am Yoga class	10:15-11:15 am Yoga class
11:00 am-12:00 pm Tennis Clinic				11:00 am-12:00 pm Tennis Clinic		
12:00-1:00 pm Capoeira	12:00-1:00 pm Zumba	12:00-1:00 pm Yoga for kids	12:00-1:00 pm Zumba	12:00-1:00 pm Salsa		
		5:00-6:00 pm Veg Cooking Class				
			6:00-7:00 pm Candlelight Yoga			

Movement Room

Meet at Spa

Tennis Courts

Hotel Kitchen

#### CLASS DESCRIPTION-

MORNING WALK: Enjoy a fast pace guided morning walk around Punta Ballena's walking path, you will encounter soft rolling hills on the way. YOGA: Different yoga techniques at different levels. SUNRISE YOGA: Meditate with the natural sounds of the waves crashing at your feet with the ocean as your background. YOGA FOR KIDS: An excellent experience to introduce little ones to proper calming and breathing in a fun way. CANDLELIGHT YOGA: Enjoy a good stretch and breathing techniques under soft candlelight. BOOT CAMP: Experience an aerobic class out of the gym in an outdoor environment. TENNIS CLINICS: Practice and improve your basic strokes under the guidance of an experience tennis instructor. ZUMBA: An energetic dance class, featuring exotic rhythms set to high energy latin beats. CAPOEIRA: An Afro-Brazilian art that combines music, dance, acrobatics, and martial arts. MOUNTAIN BIKING: For a faster pace, enjoy a guided bicycle tour. VEGETARIAN COOKING CLASS: Learn the abc's of a healthy and natural cooking style. SALSA: Experience a very energetic Latin dance, learn new dance moves and exercise at the same time.