

WELLNESS

workout



PROGRAMA DE EJERCICIOS/ EXERCISES PROGRAM

Lunes/ Monday

Yoga Aéreo / Aerial Yoga 8:00 am (Gym)
Yin Yoga 9:30 am (Gazebo)

Martes / Tuesday

Hatha Yoga 8:15 am (Gym)
Sonoterapia / Sound Bath 9:30 am (Gym)

Miércoles / Wednesday

Yoga Aéreo / Aerial Yoga 8:00 am (Gym)
Yin Yoga 9:30 am (Gazebo)

Jueves / Thursday

Hatha Yoga 8:15 am (Gym)
Sonoterapia / Sound Bath 9:30 am (Gym)

Viernes / Friday

Yoga Aéreo / Aerial Yoga 8:00am (Gym)
Pilates 9:30 am (Gym)

Sábado/ Saturday

Baile Fitness / Fitness Dance 8:15 am (Gym)

Para reservaciones por favor contactar a su concierge personal
For reservation please contact your personal concierge

A la pista con
To the dance floor with

Efrén Muñoz



¿Aún no domina el baile fitness? Descuide, nuestro maestro de baile le enseñará a sacar sus mejores pasos.

Don't know how to fitness dance? Don't worry! Our Dance instructor will teach his best moves.

“Yo soy feliz bailando”

“Dancing makes me happy!”

Sábado | Saturday

8:15 a.m.

Gym

Contacte a su Concierge para mayor información.

Contact your Concierge for more information.

Sus mejores asanas con
Your best asanas with

Vanessa Campa



Certificada en Hatha yoga, Vanessa será su coach de bienestar durante su estancia en Riviera Nayarit.

Certified in Hatha yoga, Vanessa will be your well-being coach during your stay in the Mexican Pacific.

“El yoga nos trae al momento presente”

“Yoga takes us to the present moment”

Martes y jueves

Tuesday and Thursday

8:15 a.m.

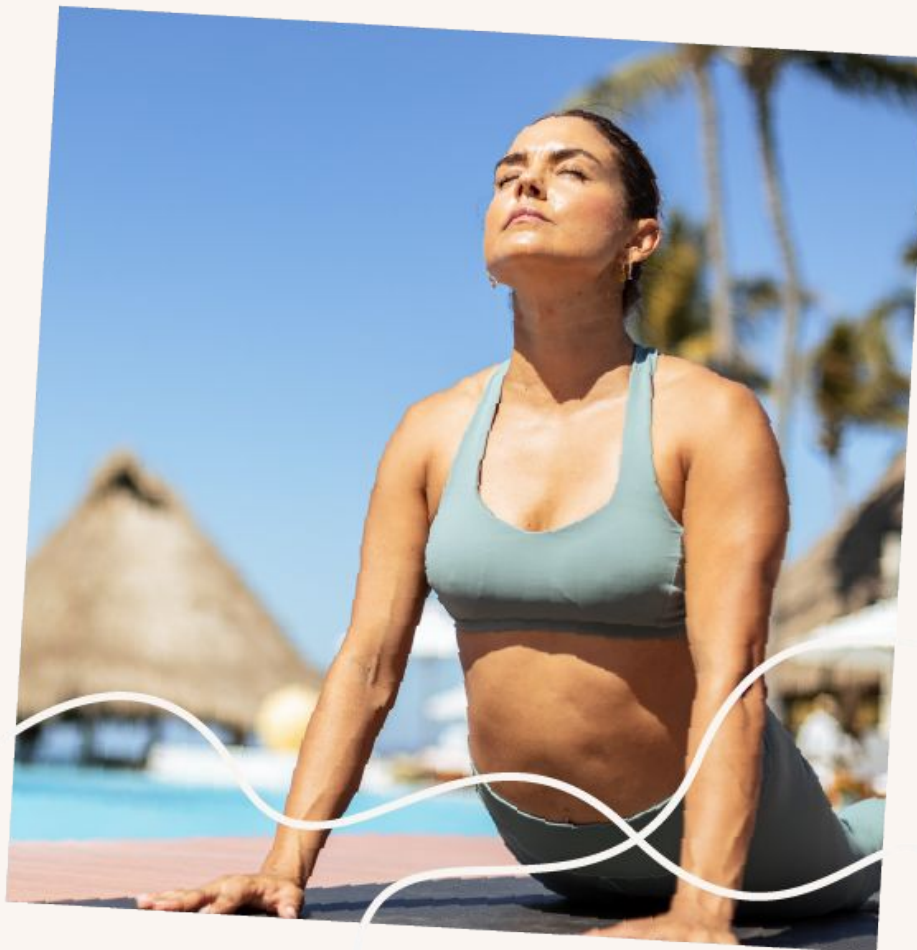
Gym

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Contact your Concierge for more information.

Vinyasa y Hatha Yoga con
Vinyasa & Hatha Yoga with

Irazú Navarro



Disfrute su pasión por el Yin yoga con sesiones que le invitan a retar su fuerza y flexibilidad.

Enjoy your passion for Yin yoga with sessions that invite you to challenge your strength and flexibility.

“Relaja tu mente, libera tu cuerpo”.

“Quiet your mind, free your body”.

Lunes y miércoles

Monday and Wednesday

9:30 a.m.

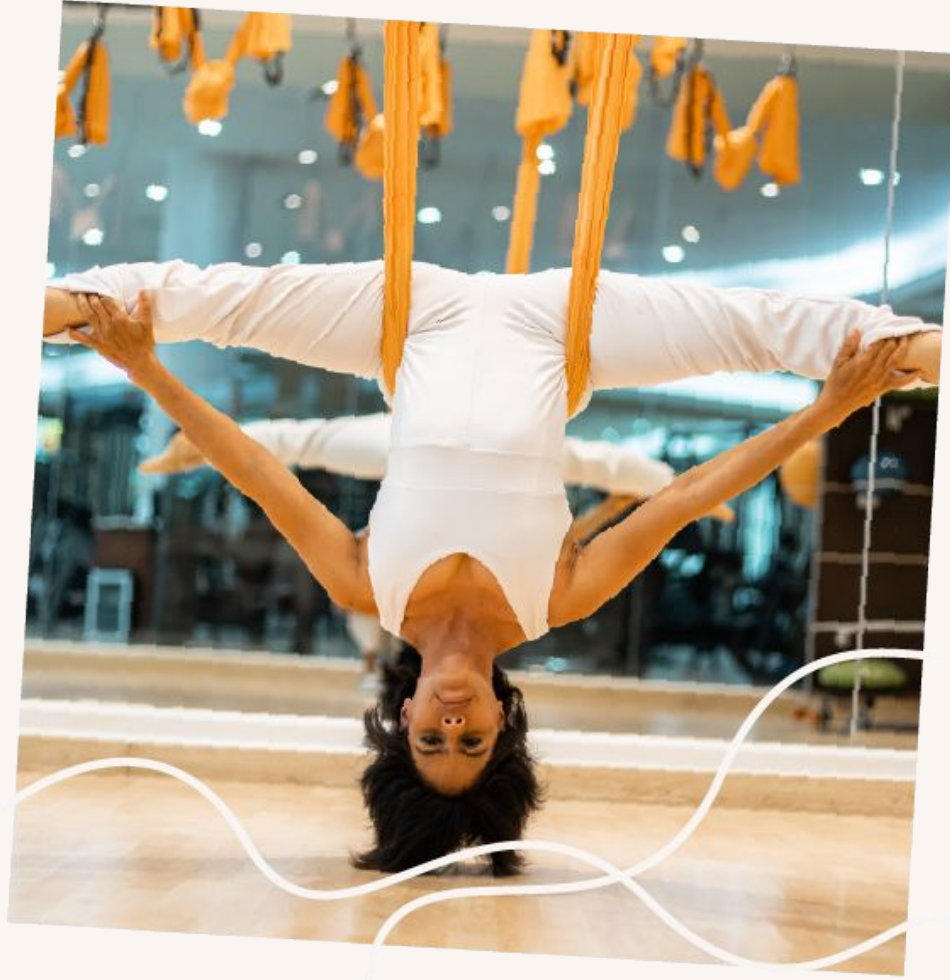
Gym

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Contact your ConciERGE for more information.

Yoga aérea con
Aerial yoga with

Yeraldi Piña



Desafíe la gravedad junto a nuestro coach experta.
Defy gravity together with our experienced coach.

**“Lo más importante de
tus metas eres tú”.**

“You’re you most important challenge”.

Lunes, miércoles y viernes

Monday, Wednesday, and Friday

8:00 a.m.

Gym

Contacte a su Concierge para mayor información.

Contact your Concierge for more information.