




SUN CABO VACATIONS

WELLNESS CLASSES



Redefining
LUXURY



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WELLNESS CLASSES

YOGA

Choose between 3 different styles of yoga; Vinyasa, Kundalini and Ashtanga.

Vinyasa yoga is a flowing, sequenced practice led by Ujjayi breath – so you might also know it as flow yoga. The sequence traditionally starts with poses that address the basis of your spine and then works its way up to the top of your head.

Kundalini yoga is sometimes called yoga of awareness. Kundalini yogis put a lot of emphasis on energy, breathing techniques and chants.

Ashtanga yoga is often said to be the modern form of classical Indian yoga. Ashtanga classes focus on the alignment of movement and breath, where the length of movement is dictated by breathing.

Approximate Duration: 60 min

Price: \$100 for 1-4 people, \$20 for each additional person

Included: Instructor, Yoga Mat and Bottled Water

All Prices shown in US Dollars. Prices do not include 16% IVA



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PILATES

Pump up your fundamental Pilates moves. This class will trim, tone, strengthen and stabilize you from head to toe. Combines toning, elongating and ab strengthening during this challenging mat based pilates workout. Power through 100's, Corkscrews and Teasers and walk out with abs, arms, buns & legs of steel!

Approximate Duration: 60 min

Price: \$100 for 1-4 people, \$20 for each additional person

Included: Towels & bottles waters

ZUMBA

An upbeat and lively dance fitness class that will make you sweat with a smile on your face.

This program can provide a full-body workout, cardio and a dance class. It is one of the best classes to work on improving your coordination.

Approximate Duration: 60 min

Price: \$100 for 1-4 people, \$20 for each additional person

Included: Instructor, Towel & Bottled Water

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AQUA FITNESS

Get your groove on with this fun and challenging class in the pool! Dive in and get ready to move to some great tunes. Stay cool during the heat of the day while you glide, step, kick and dance your way through the water. This class will have you laughing and splashing, all while getting toned by using the resistance of the water. It will be so much fun you will forget you are actually working out!

Approximate Duration: 60 min

Price: \$100 for 1-4 people, \$20 for each additional person

Included: Instructor, Towel & Bottled Water

BEACH BOOT CAMP

Get your heart beating with a full-body workout as you take in the fresh sea air and sand under your toes. This power class combines cardio bursts with a variety of full body resistance exercises.

Approximate Duration: 60 min

Price: \$100 for 1-4 people, \$20 for each additional person

Included: Instructor, Towel & Bottled Water

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HIIT

Jump into this intense, circuit-based interval class that will have you jumping, running, toning and sweating all the way to a strong and "ripped" physique.

Approximate Duration: 60 min

Price: \$100 for 1-4 people, \$20 for each additional person

Included: Instructor, Towel & Bottled Water

SALSA CLASS

Salsa is mostly associated with spicy and hot connotations due to its name being the same as that of a spicy Latin sauce. You can lose weight, increase energy levels, lower your blood pressure level and overall be a healthier individual. Dancing is all about expressing yourself and Salsa is the perfect way to add confidence and dissipate stress. So let all that fun be a new part of who you are and enjoy salsa dancing to the fullest!

Approximate Duration: 60 min

Price: \$100 for 1-4 people, \$20 for each additional person

Included: Instructor, Towel & Bottled Water

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TRX

Ready to take your performance to the next level! TRX is an effective workout system that demands generating and controlling strength and it is achieved through an integration of all supporting muscles involved in movement and not only the primary driving force. The core is challenged in every exercise – the core is more than just the abs! It is the core that improves your body stability, balance and flexibility.

Approximate Duration: 60 min

Price: \$100 for 1-4 people, \$20 for each additional person

Included: Instructor, Towel & Bottled Water

FUNCTIONAL TRAINING

Strength training that prepares your body for daily activities. The functional fitness contains multi-joint movement patterns that involve your knees, hips, spine, elbows, wrists, and shoulders, which all build strength and improve your range of motion.

Approximate Duration: 60 min

Price: \$100 for 1-4 people, \$20 for each additional person

Included: Instructor, Towel & Bottled Water

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STRETCHING

Stretching keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. Better flexibility will help: improve your performance in physical activities and decrease your risk of injuries. Help your joints move through their full range of motion.

Approximate Duration: 60 min

Price: \$100 for 1-4 people, \$20 for each additional person

Included: Instructor, Towel & Bottled Water

KIDS ZUMBA & PILATES

Zumba Kids classes are rockin', high-energy dance parties packed with kid-friendly routines. We break down steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives. Pilates is a mind and body discipline, it can guide kids to a stronger body, and a more relaxed state of mind. Working to strengthen their bodies can increase children's self esteem, stamina, abdominal strength and sleep.

Approximate Duration: 60 min

Price: \$100 for 1-4 people, \$20 for each additional person

Included: Instructor, Towel & Bottled Water

All Prices shown in US Dollars. Prices do not include 16% IVA

