



Costa Rica Health & Wellness Weeks

CocoBay Estates, Costa Rica

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The Perfect Fitness Getaway!

There are other vacation boot camps, weight-loss camps, yoga camps..... but you won't find one with the balance of fun and fitness, adventure and relaxation, 5-star luxury in a tropical paradise. This is an all-inclusive health and wellness week that allows you to experience it all.

Each day will combine fitness & nutrition with a fun, "only in Costa Rica" activity. Zip-Lining, Surfing, Paddleboarding along the Nicoya coastline - remember, you are coming to Costa Rica - you don't just want to see the inside of a gym!

Your Daily Program - Fitness Week-

Your typical day will start with a fitness workout that combines elements of cross-fit, pilates and boot-camp, followed by a yoga class. A healthy and delicious spa brunch will be served poolside, then you are off to your "Costa Rican" activity. One day we will paddleboard along the coast of the Nicoya Peninsula, on another we will be taking a surf



lesson in Tamarindo - you will enjoy it whether it is your first time on a surfboard or a seasoned surfer. Ziplining, snorkeling and other activities will round out your week.

Accommodations-

You will be staying in the beautiful new community of Coco Bay Estates, located in Playas del Coco on the northwest coast of Costa Rica. Each three-bedroom condo is beautifully decorated, and you will have your choice of a single (full or queen bedroom with private bath) or double (select a king bedroom or two twins, each with private bath). You may organize your own group for your condo, or come alone or with a friend and you will be housed with other group participants. Programs will be limited to 12 participants, unless otherwise stated for the week.



This is All-Inclusive!

Pay your program fee, make your air-reservations & pack your bathing suit - it is that simple!

From the moment you arrive on Saturday at Liberia Airport (LIR), you will be greeted and transported to the resort, 25 minutes away. We are including everything from your fitness program, activities and meals, with the exception of two dinners where you will be free to explore a restaurant on your own. We have also left Sunday open as a beach day, or you can add an optional full day adventure day at Rincon de la Vieja Volcano, Guachipelin Park that includes horseback riding, zip lining, mud-baths and white water tubing. You will also get some down time during the week to relax at the pool or beach or do your souvenir shopping in town.



Airfare, alcohol and gratuities are not included.

*Coco Bay Estates,
Playas del Coco*



Rates:

- Double Occupancy - King bedroom or two twin beds, private bath: \$1550
- Single Occupancy - full or queen beds, private bath: \$1800
- Single Occupancy - king bed, private bath: \$2100

rates in US dollars, plus airfare
optional day at Hacienda Guachipelin, \$100

3-5 people per condo. Request who you want to room with, or come alone and we will pair you with roommates or housemates. Call 410-353-1552 (US) for more information, or email

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Week and Focus:

- January 21 - 28 : Total Body Fitness ~ Girls Week ~ ***Sold Out!***
- March 24 - 31, 2012 : Total Body Fitness ~ Girls Week
- April 21 - 28, 2012 : Total Body Fitness ~ CoEd Week
- April 28 - May 5, 2012 : Pilates & Fitness ~ Girls Week

Contact for information on future Tennis Weeks & Yoga Weeks - 410-353-1552;
marie@jetawayfit.net

What's Included?

- ~ Airport Transfers
- ~ Transportation to/from all activities
- ~ Accommodations at Coco Bay Estates in three-bedroom condos
- ~ All breakfasts, brunches or lunches, snacks, protein bars and protein shakes
- ~ Welcome reception Saturday night with heavy hors d'oeuvres, poolside
- ~ Three dinners
- ~ 12-13 fitness and/or yoga classes for the week (2-3 per day, Monday-Friday)
- ~ One additional activity per day (Monday - Friday)
- ~ Unlimited use of the pool, fitness center, beach club and tennis courts

What's Not Included?

- ~ Airfare. Book your flights for Sat-Sat in and out of Liberia Airport (LIR)
- ~ Two dinners - one in Tamarindo on our surfing/explore day, one free evening in Coco
- ~ Alcohol
- ~ Gratuities
- ~ Massages can be reserved for \$50 (60 minutes) or \$70 (90 minutes)
- ~ Private tennis lessons available at \$40/hour
- ~ Hacienda Guachipelin on Sunday (Optional, \$100 includes transportation and lunch) www.guachipelin.com

What Do You Need To Bring?

- ~ Yoga Mat
- ~ Workout clothes and shoes (washers and dryers in every condo, so don't pack much)
- ~ Tennis Racket (or, you can borrow one from the club)
- ~ Hiking shoes or sandals with straps
- ~ Flip flops for the sand - black sand beaches are hot!

