

# ACTIVE RETREAT

Fitness & Wellness Fusion

12 OCT – 17 OCT 2024



PINE CLIFFS RESORT  
ALGARVE

*A journey where every moment  
is designed to enhance  
your physical and mental vitality*

 **ACTIVE**  
by Serenity

# ***FITNESS & WELLNESS FUSION***

Embark on a transformative journey with our 6-day Fitness & Wellness Retreat from October 12th to 17th at the exquisite Pine Cliffs Resort. This exclusive retreat offers a perfect blend of fitness, relaxation, and breathtaking surroundings creating a friendly atmosphere and a chance to connect with like-minded people.

Throughout the retreat, immerse yourself in daily fitness workouts carefully curated to elevate your physical well-being, led by our highly qualified and experienced instructor Josué Rosa.

Beyond the invigorating exercise routines, indulge in the luxurious Spa, Serenity — The Art of Well-being, with rejuvenating treatments, ensuring a holistic approach to your overall well-being.

Set against the backdrop of Pine Cliffs Resort, this outstanding location boasts pristine pools and a private beach, providing the



perfect environment for your wellness journey.

Additionally, enjoy the convenience of full board meals, carefully crafted in a healthy concept.

With a harmonious mix of fitness activities, spa indulgence, a private beach, this retreat promises six days of rejuvenation,

***SEIZE THE OPPORTUNITY TO ESCAPE,  
RECHARGE, AND INVEST IN YOUR WELL-BEING.***



# WHAT'S INCLUDED



- ▶ 5 NIGHTS ACCOMMODATION
- ▶ DAILY FITNESS WORKOUTS
- ▶ BREAKFAST, LUNCH AND DINNER  
HEALTHY CONCEPT

- ▶ SPA TREATMENTS
- ▶ FITNESS WELCOME BAG
- ▶ DAILY USE OF TOWELS AND SUN-BEDS AT THE RESORT POOL'S AND PRIVATE BEACH



**DAY 1** *Saturday  
October 12<sup>th</sup>*

**3H30 PM  
CHECK-IN**  
*Pine Cliffs Hotel*

**5H00 PM — 5H30 PM  
WELCOME COCKTAIL**  
*Pateo Fountain - Pine Cliffs Hotel*

**6H00 PM — 6H45 PM  
GROUP FITNESS INDUCTION**  
*ACTIVE Studio*

**08H00 PM  
DINNER / HEALTHY CONCEPT**  
*Zest*



**DAY 2** *Sunday  
October 13<sup>th</sup>*

**8H00 AM — 8H45 AM  
CYCLE & CIRCUIT**  
*ACTIVE Studio*

**09H00 AM — 10H30 AM  
BREAKFAST**  
*Zest*

**11H00 AM — 11H30 AM  
CORE & STRETCHING**  
*ACTIVE Studio*

**01H00 PM  
LUNCH / HEALTHY CONCEPT**  
*Zest*

*Free Time to relax or explore*

**05H30 PM — 06H15 PM  
AQUA AEROBICS**  
*ACTIVE Health Club - Hotel*

**07H30 PM  
DINNER / HEALTHY CONCEPT**  
*Zest*

**DAY 3** *Monday  
October 14<sup>th</sup>*

**8H00 AM — 8H45 AM  
ACTIVE BOOTCAMP**  
*ACTIVE Studio*

**09H00 AM — 10H30 AM  
BREAKFAST**  
*Zest*

**11H00 AM — 11H30 AM  
STRETCHING**  
*ACTIVE Studio*

**01H00 PM  
LUNCH / HEALTHY CONCEPT**  
*Zest*

*Free Time to relax or explore*

**05H30 PM — 06H15 PM  
PILATES**  
*ACTIVE Studio*

**07H30 PM  
DINNER / HEALTHY CONCEPT**  
*Zest*





**DAY 4** *Tuesday  
October 15<sup>th</sup>*

**8H00 AM — 8H45 AM  
BEACH BOOTCAMP**  
*ACTIVE Studio*

**09H00 AM — 10H30 AM  
BREAKFAST**  
*Zest*

**11H00 AM — 11H30 AM  
HIDRO PILATES**  
*ACTIVE Health Club - Hotel*

**01H00 PM  
LUNCH / HEALTHY CONCEPT**  
*Zest*

*Free Time to relax or explore*

**05H30 PM — 06H15 PM  
ACTIVE PUMP**  
*ACTIVE Studio*

**07H30 PM  
DINNER / HEALTHY CONCEPT**  
*Zest*

**DAY 5** *Wednesday  
October 16<sup>th</sup>*

**8H00 AM — 8H45 AM  
SUNRISE PILATES**  
*ACTIVE Health Club - Hotel*

**09H00 AM — 10H30 AM  
BREAKFAST**  
*Zest*

**11H00 AM — 11H30 AM  
H.I.I.T.**  
*ACTIVE Studio*

**01H00 PM  
LUNCH / HEALTHY CONCEPT**  
*Zest*

*Free Time to relax or explore*

**05H30 PM — 06H15 PM  
CORE & STRETCHING**  
*ACTIVE Studio*

**07H30 PM  
DINNER / HEALTHY CONCEPT**  
*Zest*



**DAY 6** *Thursday  
October 17<sup>th</sup>*

**7H30 AM — 8H30 AM  
HIKE ON THE CLIFFS**  
*ACTIVE Health Club - Hotel*

**08H30 AM — 9H30 AM  
BREAKFAST**  
*Zest*

**10H00 PM  
CHECK-OUT**  
*Pine Cliffs Hotel*









**EXPERIENCE THE ADDITIONAL BENEFITS  
INCLUDED IN YOUR PROGRAM**

▶ **DAILY DETOX JUICE**  
*at Zest*

▶ **1 x DEEP MASSAGE**  
**50 minutes – Subject to appointment**  
*at Serenity - The Art of Well-being*

▶ **1 x HOLISTIC MASSAGE**  
**50 minutes – Subject to appointment**  
*at Serenity - The Art of Well-being*

▶ **2 x THERMAL OASIS ACCESS**  
**50 minutes – Subject to appointment**  
*at Serenity - The Art of Well-being*

*Steam room, kneipp pool, hydrotherapy pool,  
herbal sauna, sauna with himalayan salt,  
ice fountain, experience showers, outdoor jacuzzi,  
indoor and outdoor relaxation areas.*



# PINE CLIFFS RESORT

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The Art of Well Being