# ACTIVE RETREAT Fitness & Wellness Fusion

12 OCT - 17 OCT 2024



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



# 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

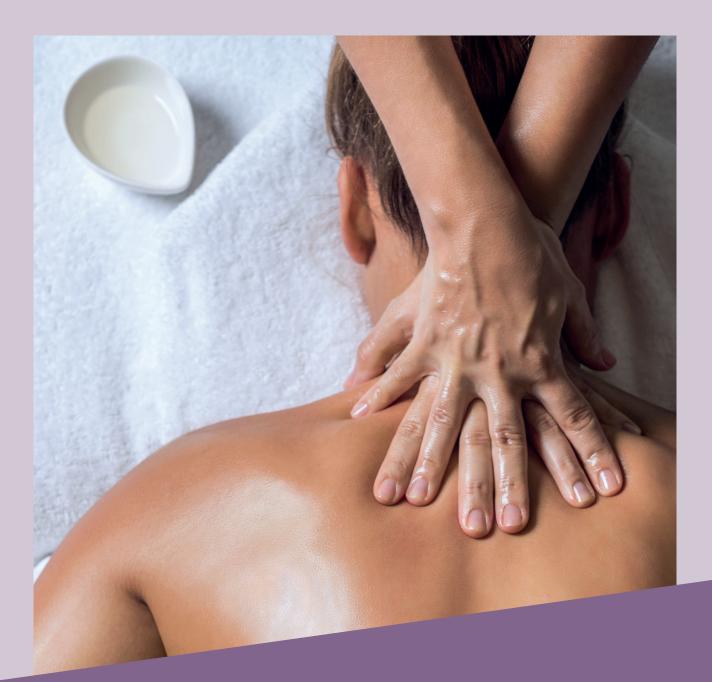
BREAKFAST, LUNCH AND DINNER HEALTHY CONCEPT

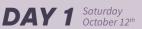
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## SPA TREATMENTS

### ► FITNESS WELCOME BAG

## DAILY USE OF TOWELS AND SUN-BEDS AT THE RESORT POOL'S AND PRIVATE BEACH





**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 13th

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



8H00 AM — 8H45 AM ACTIVE BOOTCAMP ACTIVE Studio

09H00 AM — 10H30 AM BREAKFAST Zest

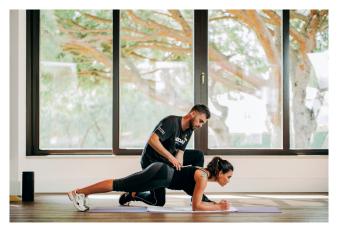
**11H00 AM — 11H30 AM STRETCHING** *ACTIVE Studio* 

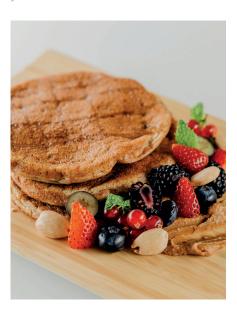
01H00 PM LUNCH / HEALTHY CONCEPT Zest

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

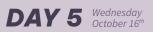
**11H00 AM — 11H30 AM HIDRO PILATES** *ACTIVE Health Club - Hotel* 

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



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





**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* 







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#### 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

Pinhal do Concelho 8200-912 Albufeira – Portugal

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PINE CLIFFS RESORT

