

WELLNESS CENTRE

Beach Yoga

For beginners and beyond. Gain flexibility, strength & mindfulness.

Mon – Sat, 8am Lagoon 5 Yoga Pavillion
60mins / US\$30

Sunday Yoga Special

Connect with body, mind & spirit along with breathing and meditation techniques to de-stress, tune in and tune out.

Sundays, 9 – 10.30am, Lagoon 5 Yoga Pavillion
90mins / US\$40

Junior Surf Skills Camp

Body surfing & body-boarding. Learn how to read & navigate the waves & rips of Pasture Bay & gain skills in safe swimming.

Sundays, 3 – 5pm, Pasture Bay, north end
120min / US\$40

Suitable for swimmers 8 years and older

Junior Yoga

Fun, playful yoga for children. A calming experience that can improve concentration, self-esteem, coordination & body awareness as well as physical strength and flexibility.

Wed, 9.30 – 10.30am Lagoon 5 Yoga Pavillion
60min / US\$30 (booking advised)

Suitable for children 7 – 12 years

Personal Training with Team Wolf

Achieve results quickly with the highly qualified Charlotte & Grant. No matter what your goals, they will deliver professional, fun & challenging sessions to help you stay in shape.

US\$140 pp (for 2 people + US\$30 per addition)

Boxing

An exhilarating, stress busting workout. Pad work, boxing skills, cardio exercises & intense core conditioning will burn calories, build a rock solid core and release all of your frustrations.

US\$140 pp (for 2 people + US\$30 per addition)

Running

Whether you are looking to improve your marathon time or training for your first 5K, a running coach can help you achieve your goals.

US\$140 pp (for 2 people + US\$30 per addition)

Beachbody Boot Camp

For a beautiful beach body, try this combination of interval training, bodyweight exercises, cardio, strength and core conditioning.

Lagoon 5 Yoga Pavillion – US\$30

Bums & Tums

An energetic session set to music that will leave you feeling strong and confident on the beach.

Swimming Lessons, Swim Adventures & Surf Skills

Improve your skills, learn to swim, gain efficiency in the pool and the sea, on guided snorkelling tours or ocean swims, learn how to navigate & ride waves.

US\$140 pp (for 2 people + US\$30 per addition)

Physical Rehabilitation Therapy

Sports & injury related therapy with our qualified trainers, focusing on pain relief, recovering from injury & body maintenance.

60mins / US\$140 pp 90mins / US\$200

Total Body Conditioning Assessment

Consultation & body composition analysis. Find motivation to achieve your goals by understanding your individual body mass composition with nutritional advice, lifestyle and a tailored fitness programme.

90mins / US\$200