

### Beach Yoga

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

Mon – Sat, 8am Lagoon 5 Yoga Pavilion  
60mins / US\$35

### Sunday Yoga Special

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

Sundays, 8am – 9.30am,  
Lagoon 5 Yoga Pavilion  
90mins / US\$40

### Junior Surf Skills Camp

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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

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

Wed, 9:30-10:30am Lagoon 5 Yoga Pavilion  
60min/ US\$35 (booking advised)  
Suitable for children 7 – 12 years

### Personal Training with Team Wolf

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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\$150 pp (for 2 people + US\$30 per addition)

### Boxing

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

US \$150 pp (for 2 people + UUS\$30 per addition)

### Running

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

### Beachbody Boot Camp

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For a beautiful beach body, try this combination of interval training, bodyweight exercises, cardio, strength and core conditioning.  
31 March – 14 April: Tue, Thu & Sat, 7am  
Lagoon 5 Yoga Pavillion – US\$30

### Bums & Tums

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An energetic session set to music that will leave you feeling strong and confident on the beach.  
60mins / US\$150

### Swimming Lessons, Swim Adventures & Surf Skills

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Learn to swim or improve your stroke in the pool or the sea. Learn how to swim efficiently and proficiently. Guided snorkel/swim tours also available.

US\$150 pp (for 2 people + US\$30 per addition)

### Physical Rehabilitation Therapy

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

60mins / US\$180 pp 90mins / US\$230

### Total Body Conditioning Assessment

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Consultation and body composition analysis. Find motivation to achieve your goals by understanding your individual body mass composition with nutritional advice, lifestyle and a tailored 90min fitness programme.

90mins / US\$200