

Pump it up!



Visit us at www.LaConchaResort.com

Mondays:

Fitness Coaching from 10am to 12noon

Meditation 6pm to 6:30 pm

Zumba 7pm to 7:45pm

Tuesdays:

Fitness Coaching from 8am to 11am

Spinning 8:30am to 9:15am

Personal Training 5pm to 7pm

Wednesdays:

Fitness Coaching from 8am to 11am

Meditation 6pm to 6:30pm

Thursdays:

Fitness Coaching from 8am to 11am

Yoga at 9am

Personal Training 5:00pm to 7:00pm

Fridays

Fitness Coaching from 8am to 11am

Saturdays and Sundays

(Also available on weekdays and holidays)

**PERSONAL TRAINING, PERSONAL MEDITATION INSTRUCTION, SPINNING,
ZUMBA, PILATES, YOGA, BODY SCULP & STRETCHING
AVAILABLE AT A CHARGE**

Please request your appointment at least 24hrs in advance calling 787 902 8356

Classes are complimentary to all guests staying at La Concha Resort

LA CONCHA RESORT 1077 ASHFORD AVENUE, SAN JUAN PUERTO RICO 00907 787.721.7500