



WELLNESS & LIFESTYLE  
ACTIVITIES SCHEDULE

	Monday	Tuesday	Wednesday
7.00am – 9.00am	Bike Tour / Nusa Dua	Bike Tour / Sawangan	Bike Tour /Southern tip of Nusa Dua
7.30am – 9.00am	Yoga	Yoga	Yoga
9.00am – 10.00am	Tennis Stroke	Social Tennis	Tennis Clinic
10.30am – 11.30am	Aerobics	Water Aerobics	Step Class
12noon – 12.30pm	Midday Meditation		Midday Meditation
2.30pm – 3.30pm	Water Aerobics	Step Class	Water Aerobics
3.45pm – 4.15pm	Stretching & Flexibility	Core & Abs	Stretching & Flexibility
5.00pm – 6.00pm	Beach Volley Ball	Beach Soccer	Beach Volley Ball

- Advance bookings (prior day) are required for all classes.
- For reservations please contact the Wellness Reception on extension 6604 or alternatively Conrad Service on extension 1.
- For cancellations within 6 hours of the class reserved and failure to attend a class will incur a charge of the published rate.

 Charged Activities

 Complimentary Activities

Thursday	Friday	Saturday	Sunday
Bike Tour / Benoa	Bike Tour / Sawangan	Bike Tour / Benoa	Bike Tour /Southern tip of Nusa Dua
Yoga	Yoga	Yoga	Yoga
Tennis Stroke	Social Tennis	Tennis Clinic	Tennis Stroke
Water Aerobics	Aerobics	Water Aerobics	Step Class
	Midday Meditation		Midday Meditation
Aerobics	Water Aerobics	Step Class	Water Aerobics
Core & Abs	Stretching & Flexibility	Core & Abs	Stretching & Flexibility
Beach Soccer	Beach Volley Ball	Beach Soccer	Beach Volley Ball

- All wellness activities are available for private or small group sessions.
- Comfortable loose fitting clothing is recommended for all classes. Sneakers or sports shoes are required for Step & Aerobics classes.
- We would be pleased to create a personalised program of group or private classes to suit your needs or preferences. For more information please contact Wellness Reception on extension 6604. To schedule a complimentary Wellness Consultation to discuss your goals with our Wellness Specialist please contact Jiwa Spa on extension 6556.

## CORE & FLEXIBILITY EXERCISE

### Aqua Pilates

Focusing on Core strengthening, balance and co-ordination, Aqua Pilates is a floating work-out for fitness, firming and toning. Suitable for all levels of fitness, Aqua Pilates is a fantastic low impact fitness activity with profound effects and is highly suited to guests with injuries, ailments, arthritis or other postural limitations. Please inform your instructor if you have any injury or limitation.

500/class\* up to 5 people by request at the Spa Pool

### Core & Abdominal Workout

Our 'Core & Abdominal' muscles support our spine, posture and pelvic girdle. This specialised work-out garners you with techniques to strengthen, firm and tone your deeper core muscle groups as well as trimming down your abdominal girth and waist line and building you those 'wash-board' abs. Suitable for all levels of fitness and ability. Please inform your instructor if you have any injury or limitation.

Tuesday, Thursday & Saturday at the Wellness Studio

### Stretching & Flexibility

Unresolved stresses and emotions are stored within the body as undue muscular and postural tensions, leading to impaired flexibility, pain and a corresponding rigidity of mind. Regular stretching helps resolve emotional stresses, release excess tensions and bathes your body and mind in your naturally occurring endorphins and euphoric neuro-transmitters bringing about a state of calm and relaxation. Stretching and flexibility is suitable for all ages and levels of fitness. Please inform your instructor if you have any injury or limitation.

Monday, Wednesday, Friday & Sunday at the Wellness Studio

\*All prices are in thousand of Indonesian rupiah and subject to 21% government tax and service charge

## YOGA AND MEDITATION

### Yoga

An ancient practice hailing from India, yoga is a rich mix of many and varied techniques. Yoga, originally developed as an exercise regime for adolescents and warriors is a series of physical postures or *Asanas* designed to reduce tension, strengthen and realign the body. Combined with correct breathing practices, Yoga is also somewhat meditative and relaxing. Suitable for beginners and all levels of yoga expertise. Please inform your instructor if you have any injury or limitation.

120/class\* per person. Daily at the Wellness Studio

### Meditation

Meditation is the practice of quietening, be-stilling and emptying the mind of mundane and idle thoughts and developing a sense of calm, clarity and serenity. Essential for anyone concerned with true stress relief and effective relaxation techniques, meditation develops concentration and focus and is closely linked to emotional health and spiritual development. Join us as we lead you into the deeper recesses of the mind in order to achieve true peace. Suitable for all guests, all ages and all abilities.

Monday, Wednesday, Friday and Sunday at the Wellness Studio

## CARDIO & FITNESS ACTIVITIES

Enjoy our regular cardiovascular activities for fitness, firming, toning and calorie burning weight loss. Join one of our fitness team as they guide you through a fun and energetic workout. Suitable for beginners and all levels of fitness. Speak to your instructor if you have any injury or limitation.

### Aerobics & Step Classes

Daily at the Wellness Studio

### Water Aerobics

Daily at the Lagoon Pool



## TENNIS

### Social Tennis

Come and join us for a fun filled game of tennis with players of all levels and expertise at the tennis club.

Tuesday and Friday at the Tennis Club

### Tennis Stroke

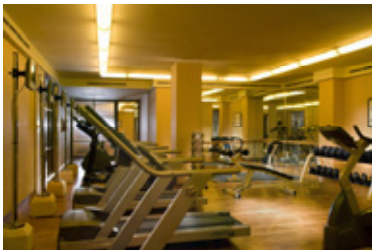
Sharpen up your tennis swing with a focus on different strokes each day.

100\* per person Monday, Thursday & Sunday at the Tennis Club

### Tennis Clinic

Especially designed for beginners, learn the basic techniques of tennis strokes: forehand, backhand, volley, spin and much more. Professional coach is available for experienced players on request.

100\* per person Wednesday & Saturday at the Tennis Club



## BEACH ACTIVITIES

Come join an exciting game of Beach Volleyball or Beach Soccer around sunset at Beach Side.

### Beach Volleyball

Monday, Wednesday, Friday and Sunday at the beach.

### Beach Soccer

Tuesday, Thursday, and Saturday at the beach

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## BICYCLE TOURS

### Nusa Dua Village

A great way to explore the fishing village of Nusa Dua, colourful “Jukungs”, the modest fishing boat, a Balinese house compound, village temple and a “Banjar”, the gathering hall where village leaders and heads of families discuss village matters. Duration 2 hours.

90\* per person Monday or by request

### Tanjung Bena Village

A guided bike tour through Tanjung Bena village, discover the Balinese temples, Bena harbour and the Chinese temple. Duration 2 hours.

90\* per person Thursday & Saturday or by request

### Southern Tip of Nusa Dua

A great way to explore the southern tip of Nusa Dua area, surfing spot – where world surfers meet and challenge the waves, Geger Temple, seaweed farm and much more. This tour is specially designed for hill riders. Duration 3 hours.

120\* per person Wednesday & Sunday or by request

### Sawangan Hill Village

An interesting bike tour blending tradition with the scents and sounds of Bali. At Sawangan village experience villagers doing their normal day to day chores, and featuring a visit to a seaweed farm and three temples. This tour is especially designed for hill riders. Duration 3 hours.

120\* per person Tuesday & Friday or by request

## Menu of Wellness & Lifestyle Activities:

■ Fitness Club	24 hours	complimentary
Personal Training & Gym Instruction	1 hour	655
Aqua Pilates	1 hour	500
■ Bicycle rental	1 hour	30
	half day / full day	60/100
■ <u>Bicycle Tour</u>		
Nusa Dua Village	2 hours / person	90
Tanjung Benoa village	2 hours / person	90
Sawangan Hill village	3 hours / person	120
Southern tip of Nusa Dua	3 hours / person	120
■ <u>Tennis</u>		
Court rental – daily (7am to 6pm)	/ hour	60
Court rental – evening (6pm to 9pm)	/ hour	80
Tennis racket rental	/ hour	30
Tennis shoes rental	/ hour	25
Lesson with partner – pro level	/ hour	360
Tennis lesson	/ hour	280
Tennis partner	/ hour	200
Ballboy	/ hour	40
■ Daily Yoga Class	per person	120
Yoga – private class	per person	250
Meditation – private class	30mins / session	100

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For reservations please contact:

Wellness Reception on extension 6604 or alternatively Conrad Service on extension 1