

BORACAY ISLAND

PHILIPPINES

RELAXATION & FITNESS ESCAPE



HF
Health & Fitness
Holidays

PHILIPPINES

FITNESS ESCAPE

Health and Fitness Holidays is designed for travellers to train and feel healthy while also having time to relax and enjoy their holiday.

We cater for all fitness levels, but remember this is a holiday too, so we give you the options and you make the decisions. Whether it changes your life on our holiday or when you get home we will do everything we can to make your holiday one to never forget.



INCLUDED:

- International Transfers (Bus, Boat & Tricycle to and from Resort)
- Boat Terminal Fees
- Daily Healthy and Nutritious Breakfast
- 9 Nights Accommodation
- Gym Membership
- 3 x Boxing Sessions
- Island Boat Trip
- 3 x 1hr Massages
- 3 x Dinners
- 1 x Lunch
- Filipino Cooking class
- Stand up Paddle Boarding
- Entry to Mt Luho
- Gym and Beach training sessions
- Gym Singlet and drawstring carry bag



ITINERARY

DAY 1

Arrive in Boracay Island, Philippines. Upon arrival we will have a introduction and briefing about the week ahead. From there you will have a free night to relax and settle in after our journey to Boracay.

DAY 2 / BREAKFAST & DINNER INCLUDED

Your second day will begin with a healthy group breakfast. After breakfast we will do a group boxing class and then either run or walk back to the resort. The afternoon will be free time for yourself and time for you to relax with a massage before heading out for a group sunset dinner on the beach at Sea Breeze Resort.

DAY 3 / BREAKFAST & DINNER INCLUDED

Your third day will begin with a healthy group breakfast followed by a group gym session. You will then have the rest of the morning and afternoon to relax. Late afternoon we will do a fun, traditional Filipino Cooking Class at Subo Boracay and then enjoy our dishes for Dinner

DAY 4 / BREAKFAST INCLUDED

Your fourth day will begin with a healthy group breakfast before heading out on our Island Boat Tour where we will discover small islands caves, snorkel and do some fishing. We will be back to the Resort by midday for a few hours to relax before meeting in the afternoon for a quick gym session. You will then have the rest of the night to explore the islands many restaurants for dinner, a perfect opportunity to experience the night time culture

DAY 5 / BREAKFAST & LUNCH INCLUDED

Your fifth day will begin with a healthy group breakfast. After breakfast we will do a group boxing class and then either run or walk back to the resort. At lunch we will walk to D'Mall for a healthy group lunch at Lemon Cafe. Treat yourself to a massage and then you will have the afternoon and night to yourself.

DAY 6 / BREAKFAST INCLUDED

Your sixth day will begin with a healthy group breakfast, followed by a Stand Up Paddle Board and beach training session.

Enjoy a free afternoon. Optional afternoon gym session. Followed by a walk up to Mt Luho to watch the sunset.

DAY 7 / BREAKFAST INCLUDED

Your seventh day will begin with a healthy group breakfast. After breakfast we will do a group gym session followed by a fruit shake at Jonahs Cafe.

Treat yourself to a massage and then you will have the afternoon and night to yourself.

DAY 8 / BREAKFAST & DINNER INCLUDED

Your eighth day will begin with a healthy group breakfast. After breakfast we will do a group boxing class and then either run or walk back to the resort.

Tonight we will have our final group dinner and watch the sunset from Diniwid Beach.

DAY 9 / BREAKFAST INCLUDED

This is your free day, we encourage you to relax, take on what you've learnt from us or explore the island even more.

DAY 10 / BREAKFAST INCLUDED

On your final day we will once again have a healthy group breakfast and prepare for our journey home.



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