

SUGAR BEACH

A VICEROY RESORT • ST. LUCIA



FITNESS PROGRAM

Personal Training Sessions

Each personal training session is tailored specifically to you and your needs. Exercises will vary between strength, cardio, flexibility and endurance.

Boxing sessions are available too.

We want you to feel comfortable and confident so your trainer will be with you every step of the way demonstrating techniques, providing advice and encouraging you to keep going.

30 minutes - \$50 / 60 minutes - \$95

Share a Session – A private session for two!

60 minutes - \$145

30 minutes - \$85

Group Lesson (3 or more participants) - additional \$25 per extra person

Personal Training Packages

One on One Session

For 1 person – 60 minutes per session

- ❖ Book 3 sessions for USD 225
- ❖ Book 5 sessions for USD 350

Share a Session

For 2 persons – 60 minutes per session

- ❖ Book 3 sessions for USD 395
- ❖ Book 5 sessions for USD 655

All prices are in USD and exclusive of VAT and service charge.

Any sessions cancelled within 12 hours or less will be charged at 50% and no shows will be charged at 100%.



YOGA WITH ANITANJA

Anitanja took her first Shivananda yoga class 18 years ago, when her family turned their working farm in St. Lucia into a retreat center.

Along with her art and jewelry design, yoga has always remained a grounding force in her life. After several years of practicing various styles of yoga in the UK and Bali, she decided to become a yoga instructor herself in her island home of St. Lucia.

Incorporating her first love of traditional Shivananda yoga with contemporary Core Strength Vinyasa, she creates an intuitive flow of strength, balance and flexibility to match the different needs of her students in today's modern world.

YOGA PRIVATE SESSION

Adult One on One Lesson - 60 minutes - \$95

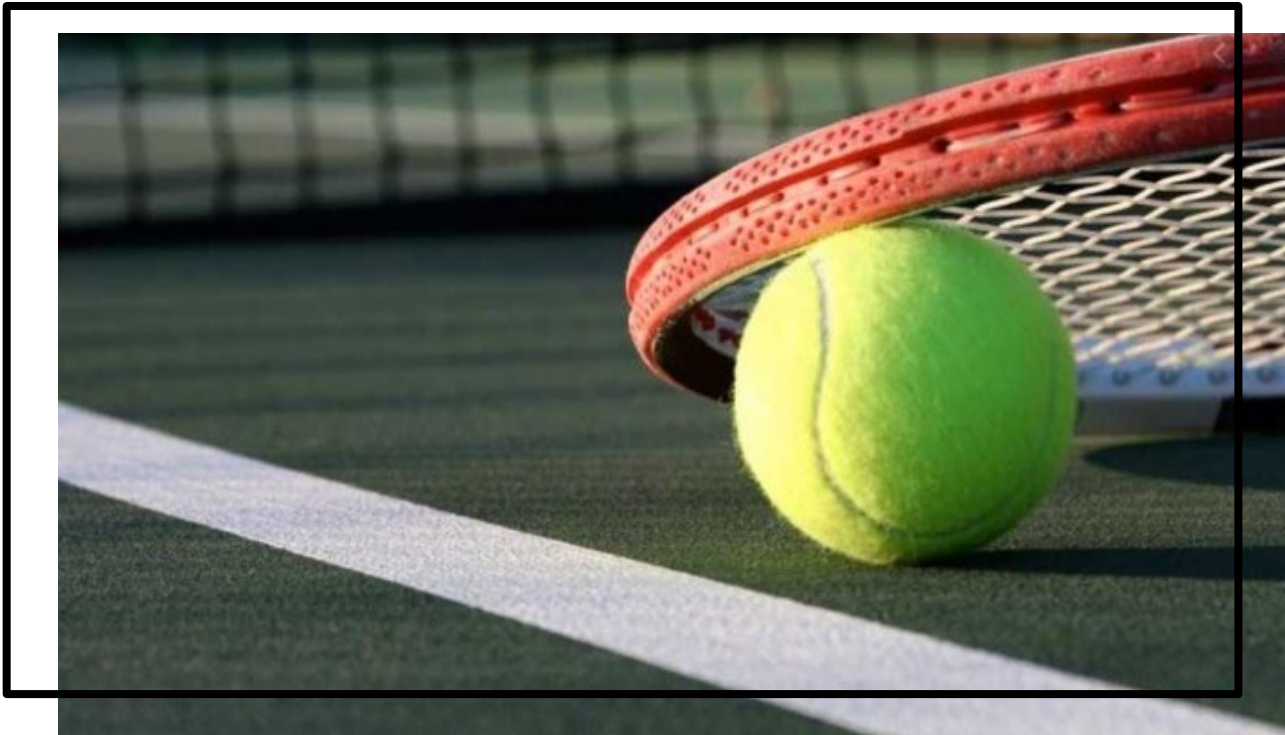
Couple's Private Lesson - 60 minutes - \$145

Group Lesson (3 or more participants) - additional \$25 per extra person

Yoga session can take place at the Sunset Deck, on the Beach, Sugar Point or on the Kabe Lawn.

All prices are in USD and exclusive of VAT and service charge.

Any sessions cancelled within 12 hours or less will be charged at 50% and no shows will be charged at 100%.



TENNIS PRIVATE SESSION

Adult One on One Lesson - 60 minutes - \$95

Couple's Private Lesson - 60 minutes - \$125

Group Lesson (3 or more participants) - additional \$35 per extra person

Children 12 years old and under

One on One Lesson 30 to 45 minutes - \$55 - additional \$25 per extra child

Advanced Hitting with the Pro 60 minutes - \$85

Ball Machine with the Pro 60 minutes - \$100

All prices are in USD and exclusive of VAT and service charge.

Any sessions cancelled within 12 hours or less will be charged at 50% and no shows will be charged at 100%.