



“ENTER THE REALM OF WELLNESS”

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### YOGA

Nurture your mind, body and spirit under the tutelage of certified yoga instructors. Tone, stretch and enhance your flexibility and cardiovascular system in this ultimate discipline on wellness.

Complimentary for Hotel Guests

<b>Walk-in</b>	Php 1,000 nett per session
<b>Schedule</b>	Thursday 7am – 8am Saturday 8am – 9am

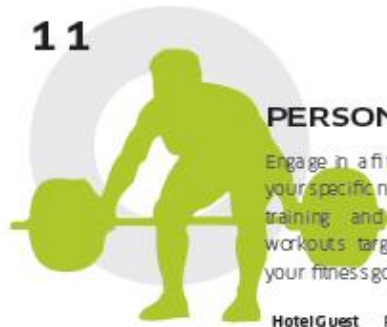
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### STABILITY BALL TRAINING

Strengthen your core, balance and muscle tone with the variety of workout options the stability ball presents. Engage in a wide-range of exercise, range of motion and full body workout.

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### PERSONAL TRAINING

Engage in a fitness regimen tailored to your specific needs. Embark in personal training and avail of one-on-one workouts targeted towards achieving your fitness goals.

<b>Hotel Guest</b>	Php 1,200 per session
<b>Walk-in</b>	Php 1,500 per session

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### KINESIS

Be part of the revolution of movement with the use of this unique fitness equipment. Free the body from the traditional constraints of weighted cable equipment and maximize your strengthening exercises with Kinesis.

SOFITEL  
LUXURY HOTELS

PHILIPPINE PLAZA MANILA

## RECREATIONS GUIDE



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### SMASH

Learn the finer points of tennis and enjoy the benefits of this full-body work out with SoFIT's SMASH! Enjoy an intense cardiovascular workout and enhance your body strength as you rally in an outdoor tennis court set amidst Sofitel's lush picturesque grounds and the Manila Bay as your backdrop.

<b>Hotel Guest</b>	Php 350 / hour
<b>Walk-In</b>	Php 450 / hour
<b>Personal Trainer</b>	Php 600 per session with Instructor and hour rate. Prior reservation required.

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### KNOCKOUT

Slip your gloves on and get ready to throw jabs, hooks and uppercuts along with fancy footwork. It's pound for pound fitness in every punch with SoFIT's Knockout.

<b>Hotel Guest</b>	Php 1,200 per session
<b>Walk-In</b>	Php 1,500 per session

Kindly register for lessons 24 hour prior to preferred schedule.

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### SWIMMING LESSONS

Build endurance, muscle strength and cardiovascular fitness in this full-body workout. Learn to harness power in the water under the supervision of seasoned swim coaches of Bert Lozada Swim School.

For more information, kindly contact Le SPA at extension 1586/1587.

<b>Package Rate</b>	Php 5,700 for 10 sessions
<b>Regular Rate</b>	Php 1,200 per session
<b>Registration Fee</b>	Php 500

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### LA VILLA DES ENFANTS

A haven for children, La Villa des Enfants provides a delightful and comfortable venue to enjoy an afternoon of arts, crafts and kid's activities.

First hour is complimentary for in-house guests.

<b>Hourly Rate</b>	Php 150
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### RUNNERS TRAIL

Seasoned runners or cardio enthusiasts may enjoy the scenic trails by the bay as they enjoy a fun run or even a brisk walk. A jogging map is available at the Concierge Desk or SoFIT.

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### PUTTING GREEN

Enjoy a game of mini golf set in the hotel's world class putting green with the sparkling bay as your stunning backdrop.

For more information, kindly contact Le SPA at extension 1586/1587.

<b>Hotel Guest</b>	Php 350 per hour
<b>Children of Hotel Guest</b>	One (1) complimentary session
<b>Walk-In</b>	Php 450 per hour

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### CHILDREN'S PLAYGROUND

The hotel boasts of a natural outdoor playground for children. It features a fun playhouse with slides, swing riders, seesaws, swing sets and spider web climbing.

For more information, kindly contact Le SPA at extension 1586/1587.

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### ZUMBA

Join the party in this contagious blend of Latin rhythms and international mixes for a fun yet effective workout. Get ready to embark in a dance revolution that fuses workouts for targeted muscle groups with hip-hop, samba, salsa, merengue and mambo.

Complimentary for Hotel Guests.

<b>Walk-In</b>	Php1,000 per session with use of wet areas (steam, sauna and Jacuzzi)
<b>Package Rate</b>	Php 8,000 for 10 sessions
<b>Schedule</b>	Tuesday 6:30pm – 7:30pm Friday 6:30pm – 7:30pm

**DISCLAIMER:**  
THE HOTEL IS NOT RESPONSIBLE FOR ANY  
INJURIES, ACCIDENTS, DAMAGES OR LIABILITIES  
WHILE JOGGING WITHIN THE AREA.

Distance traveled:  
— 1 Lap - 720m

For your easy reference

- 2 Laps - 1.4km
- 3 Laps - 2.1km
- 4 Laps - 2.8km
- 5 Laps - 3.6km
- 6 Laps - 4.3km
- 7 Laps - 5.0km



For more information, kindly contact Le SPA at extension 1586/1587.  
or SoFIT at extension 1585.