

Fitness Facilities

S&J Fit Gym - Located basically behind the Library and the sign on the building says "Gymnasio". Telephone - 6516-1415 \$40.00 a month for all classes and use of equipment or \$4.00 a class or day. They have a lot of classes available Monday - Friday such as Zumba, Total Body, Tonification, Boot Camp, AeroBoxing.

BodyMind Dojo - Located after Fresas Mary on Volcancito Road (about ½ a km from Cefati on the main road, at the entrance to Bajo Boquete) make a left on next dirt road, where Food Box Store is located. From the store, drive in about 150 meters, to the property on the left side of the road, immediately after the house painted red wine. They are on the bottom floor of the house with tin roof. Park outside or enter by the first black gate. As you drive through the gate, please park in front of the line of small trees to the right. Specializing in Tai Chi Chuan and Feldenkrais-Alexander fitness. Go to: <http://bodyminddojo.weebly.com/> for class schedules or call 6678-3297.

The Haven - Located a block off main street before entering into town. You'll see their sign on your left.

Offers part time and full time memberships from - Daily, Weekly, Monthly, 3 Monthly, 6 monthly and 12 monthly. Gym memberships can include the following: Pool, gym, jacuzzi, infrared sauna, steam and relaxation areas inside and outside. 730-9345

For prices and/or reservations go to their website at <http://boquetespa.com>

Valle Escondido - Location: Coming into town, turn left at Los Establos Plaza. Go passed it and over a small bridge. Turn right and go about a block where you will do a hard left. Go passed Isla Verde and take a right. Follow that road until you get to the guard house.

Enjoy the gym at Valle Escondido. Indoor Pool, Jacuzzi, Saunas, Steam bath, as well as state of the art gym. For more information go to their website at www.veresort.com