



## **SATURDAY, OCTOBER 7**

### **MORNING ENERGIZER**

9:00 AM – 10:00 AM

Start the day right with Aqua Zumba! Reduce stress, improve blood circulation, and tone the body, all while having fun. Then cool down and reboot with a healthy and organic fruit smoothie.

### **REFUEL COOKING CLASS**

12:00 PM – 2:00 PM with Executive Chef

Fernando Nieves

Savor new healthy recipes to take home while enjoying a beautiful ocean view.

## **SUNDAY, OCTOBER 8**

### **5K THE COPA WAY**

8:00 AM

All participants will receive a 5K T-shirt and medal. 50% of proceeds and \$1 of each Copamarina merchandise item sold will go to The American Cancer Society. Water, Pink Lemonade and Beer stations. The winner receives a \$100 Copamarina Gift Card.

## **MONDAY, OCTOBER 9**

### **YOGA IN PARADISE**

7:00 AM – 8:00 AM

Open your mind, body and heart with a Sunrise Salutation that will leave you feeling balanced, peace, joy, energy, and strength.



### **50-MINUTE NI SPA SIGNATURE MASSAGE**

Get ready to unwind and make self-care a priority. Inhale the rich scent of your preferred massage oil and prepare to slip into a deep state of relaxation. Your therapist will combine different massage techniques designed to relax and reduce muscle tension.

*\*\*Reservation required*

### **30-MINUTE WATERSPORT RENTAL**

Get your dose of vitamin sea while enjoying all the amazing fun under-the-sun activities available at our Nautical Sports Center.

### **1-HOUR BIKE RENTAL**

Get your cardio in while enjoying the incredible views from our surrounding neighborhoods.