

# MAISHA EVENT PLANNER 2025

FIT IS THE NEW RICH!

FEB

15

SATURDAY

●●○○  
MODERATE



## NGONG HILLS

Kajiado County

- Hiking and trekking
- Ground activities

<b>Requirements</b>	<b>Charges</b>
-Transport	TBA
-Lunch Nairobi Serena Hotel	

APR

18-21

THURSDAY – SATURDAY

●○○○  
EXCITING



## A MAISHA BOOTCAMP

Lake Victoria Serena Golf Resort & Spa (Uganda)

Variety of ground activities including; HIIT exercises, Swimming challenge, Body conditioning, Boot camp

<b>Requirements</b>	<b>Charges</b>
-Full board	TBA (Lipa pole
Accommodation	pole window)

JUN

14

SATURDAY

●●○○  
MODERATE



## A MAISHA CHALLENGE

Nairobi Serena Hotel

- Varieties of activities
- Aqua, dance, aerobics, spin session

<b>Requirements</b>	<b>Charges</b>
- Refreshments	NIL

AUG

09

SATURDAY

●●●○  
HARD



## OL DOINYO EBURRU

Great Rift Valley

- Hiking and trekking
- Ground activities

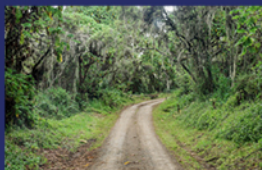
<b>Requirements</b>	<b>Charges</b>
-Transport	TBA
-Lunch	

OCT

04

SATURDAY

●●○○  
MODERATE



## MAU ROAD TREK

Nyeri County (10kms & 25kms)

- Hiking, Ground activities

<b>Requirements</b>	<b>Charges</b>
-Transport, Accom. at Sangare Gardens Mweiga	TBA (Lipa pole pole window)

Standard Chartered Nairobi Marathon

<b>Requirements</b>	<b>Date/Charges</b>
- Jog / run / walk	TBA

NOV

29

SATURDAY

●○○○  
EXCITING



## MAISHA OUTDOOR

Nairobi Serena Hotel (End of year activity)

- Spin, dance, aerobics
- Various activities

<b>Requirements</b>	<b>Charges</b>
- Refreshments	NIL

Gym schedule activities continue from  
**Mondays to Saturdays**

