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The Sunshine Coast 2013 Fitness Challenge

A happy life evolves around your personal well being! Your body feels good – you feel good. Your body is strong – your mind will be strong too! It is common knowledge that a healthy lifestyle is one of the main contributors to a long and happy life. Sunshine Coast Resort Hotel & Marina is proud to offer the 2013 Sunshine Coast Fitness Challenge!

Our fitness programs are designed with two goals in mind: Results and fun doing it!

Whether you sign up for a 2 – 3 day fitness package, a 4 – 5 day fitness getaway or the 7 or more day fitness and leisure package, we will provide you with the knowledge needed to succeed, a fresh outlook on your personal fitness goals and most importantly we will get you fine tuned to continue on your quest to **actually** reach your ultimate fitness goal. Where there's a will – there's a way and our team of certified instructors will show you the way during your fitness challenge at Sunshine Coast Resort Hotel & Marina!

No matter which accommodation type you choose all of them feature fully equipped kitchens for you to be able to follow your personalized meal plan. In your suite or cottage, a Jacuzzi soaker tub or private outdoor hot tub awaits you after a day of working out and being active. A warm fireplace invites you to sit down, relax, perhaps read a book and let the muscles recover. Soak in the fantastic ocean views, sit on your patio and feel good about your accomplishments of the day. Sunshine Coast Resort Hotel & Marina will be your ideal basecamp for a fun filled and rewarding fitness getaway. *All you have to do is say to yourself, yes, I want to and I will succeed...*

2 - 3 day Fitness Package

The 2 – 3 day fitness package will help determine your fitness level, set your goals and familiarize yourself with the many different fitness activities available.

- Accommodation - select from 4 different accommodation options
- 1 personal trainer session
- Customized activity schedule
- Unlimited access to Pender Harbor Aquatic & Fitness Centre
- 1 full body in-room massage per person
- 1 yoga class at the "Intouch Yoga Studio"
- Meal plan

[View Package Rates](#)

4 - 5 day Fitness Package

The 4 – 5 day fitness getaway is a good fit for those who have worked out in the past and want to get back in the swing of things with the practical help of our personal trainer.

- Accommodation - select from 4 different accommodation options
- 2 personal trainer sessions
- Customized activity schedule
- Unlimited access to Pender Harbor Aquatic & Fitness Centre
- 1 full body in-room massage per person
- 2 yoga classes at the "Intouch Yoga Studio"
- Meal plan

[View Package Rates](#)

7 or more day Fitness Package

Get new ideas and set new goals in our 7 or more day fitness and leisure package.

- Accommodation - select from 4 different accommodation options
- 2 personal trainer sessions
- Customized activity schedule
- Unlimited access to Pender Harbor Aquatic and Fitness Centre
- 2 full body in-room massages per person
- 3 yoga classes at the "Intouch Yoga Studio"
- Meal plan

[View Package Rates](#)



[Click on photos above to view](#)



The Pender Harbor
Aquatic and Fitness Centre

- [View class schedule \(PDF\)](#)
- [www.scrd.ca](#)



In Touch Therapeutics
Yoga Studio

- [View class schedule](#)
- [www.intouchyogastudio.com](#)

Freedom Spa

- [View brochure \(coming soon\)](#)
- [www.freedomspa.jigsy.com](#)

Fitness Package Rates:

Please note: Special Offers and packages cannot be reserved via our online booking system. To reserve please call our reservation desk 1-604-883-9177 or Toll Free 1.888.883.9177. The Sunshine Coast Resort offers the fitness packages in all rate seasons except summer season.

SPRING + FALL: March 15th – May 9th Oct 7th – Nov 11th			
	2 - 3 day stay	4 - 5 day stay	7+ day stay
Superior 1 Bedroom Suite (main lodge)	\$185.00 <small>1st person/night</small> \$57.00 <small>ea. additional guest/night</small>	\$165.00 <small>1st person/night</small> \$48.00 <small>ea. additional guest/night</small>	\$155.00 <small>1st person/night</small> \$37.00 <small>ea. additional guest/night</small>
2 Bedroom Cottage	\$205.00 <small>1st person/night</small> \$57.00 <small>ea. additional guest/night</small>	\$185.00 <small>1st person/night</small> \$48.00 <small>ea. additional guest/night</small>	\$175.00 <small>1st person/night</small> \$37.00 <small>ea. additional guest/night</small>
Executive Cottage	\$265.00 <small>1st person/night</small> \$57.00 <small>ea. additional guest/night</small>	\$235.00 <small>1st person/night</small> \$48.00 <small>ea. additional guest/night</small>	\$225.00 <small>1st person/night</small> \$37.00 <small>ea. additional guest/night</small>
Executive Penthouse	\$245.00 <small>1st person/night</small> \$57.00 <small>ea. additional guest/night</small>	\$215.00 <small>1st person/night</small> \$48.00 <small>ea. additional guest/night</small>	\$205.00 <small>1st person/night</small> \$37.00 <small>ea. additional guest/night</small>
SHOULDER: May 9th – June 23rd Sept 9th – Oct. 6th			
	2 - 3 day stay	4 - 5 day stay	7+ day stay
Superior 1 Bedroom Suite (main lodge)	\$220.00 <small>1st person/night</small> \$57.00 <small>ea. additional guest/night</small>	\$195.00 <small>1st person/night</small> \$48.00 <small>ea. additional guest/night</small>	\$185.00 <small>1st person/night</small> \$37.00 <small>ea. additional guest/night</small>
2 Bedroom Cottage	\$255.00 <small>1st person/night</small> \$57.00 <small>ea. additional guest/night</small>	\$230.00 <small>1st person/night</small> \$48.00 <small>ea. additional guest/night</small>	\$220.00 <small>1st person/night</small> \$37.00 <small>ea. additional guest/night</small>
Executive Cottage	\$325.00 <small>1st person/night</small> \$57.00 <small>ea. additional guest/night</small>	\$290.00 <small>1st person/night</small> \$48.00 <small>ea. additional guest/night</small>	\$275.00 <small>1st person/night</small> \$37.00 <small>ea. additional guest/night</small>
Executive Penthouse	\$275.00 <small>1st person/night</small> \$57.00 <small>ea. additional guest/night</small>	\$245.00 <small>1st person/night</small> \$48.00 <small>ea. additional guest/night</small>	\$230.00 <small>1st person/night</small> \$37.00 <small>ea. additional guest/night</small>
WINTER: Nov 12 – May 14			
	2 - 3 day stay	4 - 5 day stay	7+ day stay
Superior 1 Bedroom Suite (main lodge)	\$170.00 <small>1st person/night</small> \$57.00 <small>ea. additional guest/night</small>	\$155.00 <small>1st person/night</small> \$48.00 <small>ea. additional guest/night</small>	\$145.00 <small>1st person/night</small> \$37.00 <small>ea. additional guest/night</small>
2 Bedroom Cottage	\$195.00 <small>1st person/night</small> \$57.00 <small>ea. additional guest/night</small>	\$175.00 <small>1st person/night</small> \$48.00 <small>ea. additional guest/night</small>	\$165.00 <small>1st person/night</small> \$37.00 <small>ea. additional guest/night</small>
Executive Cottage	\$265.00 <small>1st person/night</small> \$57.00 <small>ea. additional guest/night</small>	\$235.00 <small>1st person/night</small> \$48.00 <small>ea. additional guest/night</small>	\$225.00 <small>1st person/night</small> \$37.00 <small>ea. additional guest/night</small>
Executive Penthouse	\$215.00 <small>1st person/night</small> \$57.00 <small>ea. additional guest/night</small>	\$190.00 <small>1st person/night</small> \$48.00 <small>ea. additional guest/night</small>	\$180.00 <small>1st person/night</small> \$37.00 <small>ea. additional guest/night</small>