

CHEECA LODGE & SPA

ISLAMORADA • FLORIDA KEYS

THIS WEEK'S ACTIVITIES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am					Beach Yoga (Lobby) \$10		
7.45am - 8.45am	Beach Yoga (Lobby) \$10	Beach Yoga (Lobby) \$10	Beach Yoga (Lobby) \$10	Beach Yoga (Lobby) \$10			Beach Yoga (Lobby) \$10
8:30am - 9.30am				Aerial Restorative Yoga \$35 (Call Guest Adventures to book)	Aerial Restorative Yoga \$35 (Call Guest Adventures to book)	Aerial Restorative Yoga \$35 (Call Guest Adventures to book)	
9.00am - 10.00am	Total Body Toning \$10 (Fitness Studio)	Total Body Toning \$10 (Fitness Studio) Adult Tennis Clinic \$25 (Tennis Courts)	Total Body Toning \$10 (Fitness Studio)	Total Body Toning \$10 (Fitness Studio)	9:45am -10:45am Total Body Toning \$10 (Fitness Studio)	Total Body Toning \$10 (Fitness Studio) Adult Tennis Clinic \$25 (Tennis Courts)	Total Body Toning \$10 (Fitness Studio) Adult Tennis Clinic \$25 (Tennis Courts)
9.00am - 11:00am	Snorkel Excursion (Watersports)	Snorkel Excursion (Watersports)	Snorkel Excursion (Watersports)	Snorkel Excursion (Watersports)	Snorkel Excursion (Watersports)	Snorkel Excursion (Watersports)	Snorkel Excursion (Watersports)
10.00am - 11.00pm		Adult Tennis Round Robin (No Charge) (Tennis Courts)				Adult Tennis Round Robin (No Charge) (Tennis Courts) ----- ZUMBA \$15 Reserve your spot by 8am at Guest Adventures	
10.15am - 11.15am		Water Aerobics \$10 (Spa Pool)		Water Aerobics \$10 (Spa Pool)		Water Aerobics \$10 (Spa Pool)	
10.30am - 11.30am				Paddle Board Yoga \$35 (Call Guest Adventures to book)	Paddle Board Yoga \$35 (Call Guest Adventures to book)	Paddle Board Yoga \$35 (Call Guest Adventures to book)	
11.30am - 12:30pm		Adult Beginners Tennis Clinic (No Charge) (Tennis Courts)					
12.00pm - 1.00pm	Water Aerobics \$10 (Spa Pool)		Water Aerobics \$10 (Spa Pool)		Water Aerobics \$10 (Spa Pool)		
12.30pm - 2.30pm	Custom Charters (Watersports)	Custom Charters (Watersports)	Custom Charters (Watersports)	Custom Charters (Watersports)	Custom Charters (Watersports)	Custom Charters (Watersports)	Custom Charters (Watersports)
2.00pm - 4.00pm	Snorkel Excursion (Watersports)	Snorkel Excursion (Watersports)	Snorkel Excursion (Watersports)	Snorkel Excursion (Watersports)	Snorkel Excursion (Watersports)	Snorkel Excursion (Watersports)	Snorkel Excursion (Watersports)
4.30pm - 7.00pm		Junior Tennis \$10-25 (Call for Details)				Junior Tennis \$10-25 (Call for Details)	
Times Vary - Call x4451 Reservations Required	Sunset Cruise (Watersports)	Sunset Cruise (Watersports)	Sunset Cruise (Watersports)	Sunset Cruise (Watersports)	Sunset Cruise (Watersports)	Sunset Cruise (Watersports)	Sunset Cruise (Watersports)
6.00pm - 10.00pm					Kids Night Out (Camp Cheeca)	Kids Night Out (Camp Cheeca)	
7.00pm		Adult Tennis \$25 (Call for Details)	Movie under the Stars (Nikai Sundeck - No Charge)				

Guest Adventures (x4446)

8.00am - 6.00pm

Paddle boards, Kayaks, Bicycles, Golf, Tennis, Pickleball (included in resort fee); additional charge applies for clear kayaks.

Camp Cheeca (x4408)

Monday - Saturday 8.00am - 4.30pm

Full and half-day adventures for kids ages 5-12.(Sunday availability on holiday weekends)
Call for details, pricing and reservations.

Cheeca Watersports (x4451)

8.00am - 6.00pm

Snorkel, Eco-tours, Sunset Cruises, Custom Charters, Fishing, Sailboat, Private Boat Tours and Rentals
Call for details, pricing and reservations.

Private Lessons & Clinics

Tennis & Golf: Tim Farwell 352.504.7548 or Dan Lombardi 631.268.6640

Yoga: Glenda Smith 843.302.6833

CHEECA LODGE & SPA

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THIS WEEK'S HIGHLIGHTS



Enjoy our family-friendly
Limoncello restaurant
serving up new Italian
favorites daily.

Call x4447 to make your
reservation.

Limoncello
RESTORANTE & ANTIPASTO BAR



Spa Indulgence

Sea Tonic Wrap

An ultra moisturizing and
contouring wrap that
leaves your skin silky
smooth and firm.

60 Minutes - \$155

Contact x4485 to book.



Live Entertainment at Tiki Bar

Enjoy live entertainment
at the Tiki Bar every
Thursday and Friday
from 4-6pm.

Atlantic's Edge (Coastal Cuisine) x4447 B: 7-11:30am L: 11:30am-3pm D: 6-10pm
Daily Limoncello (Rustic Italian) 6-10pm Daily x4447
Nikai Sushi 5-10pm Daily x4443
Tiki Bar (Cocktails and Light Fare) 11am-11pm Daily and until 12am Friday and Saturday
Lobby Bar (Cocktails and Light Fare) 5pm -11pm Daily
Coffee Bistro 6am-12pm Daily

Room Service 24 hours Daily x4444
The Spa at Cheeca 9am-8pm Daily x4485
Signature Store 8am-8pm Daily x4403