CHEECA LODGE & SPA

ISLAMORADA • FLORIDA KEYS

THIS WEEK'S ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.45am - 8.45am	Beach Yoga *$10* (LOBBY)	Beach Yoga *$10* (LOBBY)	Beach Yoga *$10* (LOBBY)	Beach Yoga *$10* (LOBBY)	Beach Yoga *$10* (LOBBY)	Beach Yoga *$10* (LOBBY)	Beach Yoga *$10* (LOBBY)
8.00am - 9.00am							Paddleboard Yoga *$35* (GUEST ADVENTURES)
8.30am - 9.30am					Resort SCUBA Course x4446 (ADULT POOL)	Resort SCUBA Course x4446 (ADULT POOL)	
9.00am - 10.00am	Total Body Toning *$10* (FITNESS STUDIO)	Gentle Flow Beach Yoga *$10* (LOBBY) Adult Tennis Clinic *$25*		Gentle Flow Beach Yoga *$10* (LOBBY) Total Body Toning *$10* (FITNESS STUDIO) Adult Tennis Clinic *$25*		Total Body Toning *$10* (FITNESS STUDIO) Adult Tennis Clinic *$25*	Total Body Toning *$10* (FITNESS STUDIO)
9.30am	Parasail *$75. Obsv.$35*	Parasail *$75. Obsv.$35*	Parasail *$75. Obsv.$35*	Parasail *$75. Obsv.$35*	Parasail *$75. Obsv.$35*	Parasail *$75. Obsv.$35*	Parasail *$75. Obsv.$35*
10.00am - 11.00am Hobie Cat Rentals *hourly,10am-6pm*	Jet Ski Tours *$165/ski*	Jet Ski Tours *$165/ski*	Jet Ski Tours *$165/ski*	Jet Ski Tours *$165/ski*	Jet Ski Tours *$165/ski*	Jet Ski Tours *$165/ski* Adult Tennis Round Robin (NO CHARGE)	Jet Ski Tours *$165/ski*
10.30am	Parasail *$75. Obsv.$35*	Parasail *$75. Obsv.$35*	Parasail *$75. Obsv.$35*	Parasail *$75. Obsv.$35*	Parasail *$75. Obsv.$35*	Parasail *$75. Obsv.$35*	Parasail *$75. Obsv.$35*
10.30am - 11.30am	Water Aerobics $10 (SPA POOL)			Water Aerobics $10 (SPA POOL)		Water Aerobics $10 (SPA POOL)	
11.00am - 1.00pm	Snorkel Excursion *$55 $45 child (12+under)*	Snorkel Excursion *$55 $45 child (12+under)*	Snorkel Excursion *$55 $45 child (12+under)*	Snorkel Excursion *$55 $45 child (12+under)*	Snorkel Excursion *$55 $45 child (12+under)*	Snorkel Excursion *$55 $45 child (12+under)*	Snorkel Excursion *$55 $45 child (12+under)*
11.30am - 12.30pm 12.00pm	Jet Ski Tours *$165/ski* Parasail *$75. Obsv.$35*	Jet Ski Tours *$165/ski* Adult Beginners Tennis Clinic (NO CHARGE) Parasail *$75. Obsv.$35*	Jet Ski Tours *$165/ski* Parasail *$75. Obsv.$35*	Jet Ski Tours *$165/ski* Parasail *$75. Obsv.$35*	Jet Ski Tours *$165/ski* Parasail *$75. Obsv.$35*	Jet Ski Tours *$165/ski* Parasail *$75. Obsv.$35*	Jet Ski Tours *$165/ski* Parasail *$75. Obsv.$35*
1.00pm - 2.00pm 1.30pm	Jet Ski Tours *$165/ski* Parasail *$75. Obsv.$35*	Jet Ski Tours *$165/ski* Parasail *$75. Obsv.$35*	Jet Ski Tours *$165/ski* Parasail *$75. Obsv.$35*	Jet Ski Tours *$165/ski* Parasail *$75. Obsv.$35*	Jet Ski Tours *$165/ski* Parasail *$75. Obsv.$35*	Jet Ski Tours *$165/ski* Parasail *$75. Obsv.$35*	Jet Ski Tours *$165/ski* Parasail *$75. Obsv.$35*
2.00pm - 4.00pm	Snorkel Excursion *$55 $45 child (12+under)*	Snorkel Excursion *$55 $45 child (12+under)*	Snorkel Excursion *$55 $45 child (12+under)*	Snorkel Excursion *$55 $45 child (12+under)*	Snorkel Excursion *$55 $45 child (12+under)*	Snorkel Excursion *$55 $45 child (12+under)*	Snorkel Excursion *$55 $45 child (12+under)*
2.30pm - 3.30pm	Jet Ski Tours *$165/ski*	Jet Ski Tours *$165/ski*	Jet Ski Tours *$165/ski*	Jet Ski Tours *$165/ski*	Jet Ski Tours *$165/ski*	Jet Ski Tours *$165/ski*	Jet Ski Tours *$165/ski*
3.00pm	Parasail *$75. Obsv.$35*	Parasail *$75. Obsv.$35*	Parasail *$75. Obsv.$35*	Parasail *$75. Obsv.$35*	Parasail *$75. Obsv.$35*	Parasail *$75. Obsv.$35*	Parasail *$75. Obsv.$35*
4.30pm - 5.30pm					Paddleboard Yoga *$35* (GUEST ADVENTURES)		
4.30pm - 6.30pm	Sunset Cruise *$60 adult / $40 child*	Sunset Cruise *$60 adult / $40 child*	Sunset Cruise *$60 adult / $40 child*	Sunset Cruise *$60 adult / $40 child*	Sunset Cruise *$60 adult / $40 child*	Sunset Cruise *$60 adult / $40 child*	Sunset Cruise *$60 adult / $40 child*

GUEST ADVENTURES (x4446)
8.00am - 6.00pm

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

CAMP CHEECA (x4446)
Monday - Saturday 8.00am - 4.30pm
KIDS NIGHT OUT: 6-10pm Friday & Saturday
Full & half-day adventures for kids ages 5-12.
(Sunday availability on holiday weekends.)
Call for details, pricing & reservations.

CHEECA WATERSPORTS (x4451)
8.00am - 6.00pm

Snorkel, Eco-tours, Sunset Cruises, Custom Charters, Fishing, Parasailing, Hobie Cats & Boat Tours
Call for details & res.; special pricing 12 & under.

PRIVATE LESSONS & CLINICS
Yoga: Lauren Ferrante 516.458.8622
Tennis & Golf: Tim Farwell 352.504.7548
Personal Training: Daniel Whisted 443.977.0860

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