



NOBU HOTEL
LOS CABOS

FITNESS ACTIVITIES

VITALITY AND MOVEMENT

TABATA (10 min) Open class free

Boost your metabolism with this workout, the 20 second ultra intense exercise is followed by a 10 second rest.

HIIT (30 min) Open Class 15 USD | Private Class 30 USD

Increase your aerobic and anaerobic endurance with this high intensity interval training taking advantage of the tranquility of our movement terrace.

ABS TRAINING (30 min) Open Class 15 USD | Private Class 30 USD

Strengthen your abdomen with our class that fits your training rhythm, whether in a private class or in a group, always guided by our professional.

BOOT CAMP (50 min) Open Class 25 USD | Private Class 50 USD

Work your body with compound functional exercises in various circuits, guided by our instructor on the Pacific Ocean shore.

VOLLEYBALL (50 min) Open activity free

Enjoy a moment with your friends while they compete in a beach volleyball match, organized by our coach.

SPINNING (50 min) Open Class 25 USD | Private Class 50 USD

Improve your cardiovascular system by alternating different levels of resistance and speed, following the sound of energetic music.

PERSONAL TRAINING (50 min)

Let our fitness instructor personalize your training with exercises that will adapt to your intention for the day, our expert will guide you to achieve your goal with the best exercises according to your body needs.

FUNCTIONAL TRAINING (50 min) Private Class 50 USD

Exercise using the benefits of your body, allow our coach to guide you in workouts that you can develop even in the comfort of your home since it will not require much equipment to achieve it.

MIND AND SPIRIT

YOGA (50 min) Open Class 25 USD | Private Class 50 USD

Connect your body, mind and spirit using physical postures, breathing exercises and meditation either with the view of the Pacific or on our terrace of movements with Yoga techniques that adapt to your physical resistance. The experience will begin with a meditation to focus the mind, followed by joint warm-up, postures.

MEDITATION (50 min) Open class free

Focus your essence on the present, through mindfulness exercises such as breathing, mantras and visualizations guided by our yoga trainer, taking advantage of the energy of the Pacific sea or on our movement terrace located in the Fitness Center.

PILATES (50 min) Open Class 25 USD | Private Class 50 USD

Get your resistance at the limit through physical exercises in which you will work muscles, flexibility and breath control, enjoying the tranquility of our movement terrace located in the fitness center.

STRETCHES (50 min) Open class free

Challenge your muscles, increase flexibility, release stress and improve your mobility through our stretching class which takes place on the fitness movement terrace, which will begin with a warm-up to continue with flexibility exercises.

*All classes can be group or individual.
Reservations according to availability. If you have any special
conditions please notify our receptionists or coach.
This menu is for adults only.*

Wellness Essence Ext: 4542