



# GUEST ACTIVITIES

**OUTRIGGER®**  
SURIN BEACH

## monday

**7:30-8:30 AM**  
**MORNING BEACH RUN\***  
Towel Cabana - Main Pool

Our staff will accompany you on a run at your preferred pace and distance on Surin Beach.

**9-10 AM**  
**CORE EXERCISE**  
Towel Cabana - Main Pool

A low impact workout focusing on your abdominal and core muscles.

**3:30-4:30 PM**  
**FUNCTIONAL UPPER BODY FIT**  
Fitness Studio

This exercise is designed to build strength which is great for overall core strength and shaping your upper body.

## tuesday

**7:30-8:30 AM**  
**YOGA**  
Towel Cabana - Main Pool

A union of body, breath and mind. Improved strength, better balance, flexibility are some of the great health benefits.

**9-10 AM**  
**HIIT TRAINING**  
Fitness Studio

This challenging and heart-pumping training does not only help you boost endurance and strength, but also build muscles at the same time.

**3-4 PM**  
**FAT BURNING WORKOUT**  
Fitness Studio

Slim down and firm up with a whole body, interval workout designed to help you burn calories.

## wednesday

**7:30-8:30 AM**  
**BEACH BOOT CAMP\***  
Resort Lobby

Challenging and fun in the sun. You will be doing a whole body, interval workout that builds strength and endurance on Surin Beach.

**9-10 AM**  
**STRETCHING CLASS**  
Towel Cabana - Main Pool

Improve flexibility of your joints whilst increasing muscle control and range of motion.

**3:30-4:30 PM**  
**FUNCTIONAL LOWER BODY FIT**  
Fitness Studio

This exercise is designed to build strength which is great for overall core strength and shaping your lower body.

## thursday

**7:30-8:30 AM**  
**ABS WORKOUT**  
Fitness Studio

A low impact workout focusing on your abdominal and core muscles.

**9-10 AM**  
**FUN CIRCUIT TRAINING**  
Fitness Studio

Interval workouts that combine a mix of endurance and strength based movements. Build your muscles and improve your cardiovascular strength.

**3:30-4:30 PM**  
**FUNCTIONAL FULL BODY FIT**  
Fitness Studio

A functional workout which contains multi-joint movement patterns for the whole body. Build strength and improve your range of motion.

## friday

**7:30-8:30 AM**  
**BEACH YOGA\***  
Resort Lobby

Start your day with an uplifting morning yoga class on Surin beach. Improved strength, better balance, flexibility are some of the great health benefits.

**9-10 AM**  
**FUNCTIONAL LOWER BODY FIT**  
Fitness Studio

This exercise building strength in your lower body is great for overall core strength and shaping your lower extremities.

**3-4 PM**  
**BOOT CAMP**  
Fitness Studio

A whole body, interval workout that builds strength and endurance.



Scan the QR Code to book activities

- Activities are subject to change.
- Activities marked with a \* will take place on the beach. Please wear sneakers and bring a beach towel, water and sunscreen. In the event of rain, please call our front desk or check our "OutriggerSurin" mobile application for updates.
- A one-day advance reservation is recommended.