



body & soul

become a new you!



18 - 25 MAY, 2023
at Club Med Bintan Island, Indonesia



Join us on a wellness journey where you
revitalise your mind, body and soul.

On top of our all-Inclusive package, you can look forward to
additional activities, specially curated
by our international wellness instructors and partners.

Inclusions

- 7 nights accommodation
- Return ferry transfer from Singapore airport to Bintan
- Return transfers to resort
- Breakfast, lunch and dinner daily
- Open bar and all day snacking
- Unlimited wine, beer and soft drinks with lunch and dinner
- Participation in the Body & Soul Wellness Program
- An extensive range of resort sports and activities
- Nightly entertainment

What's not included?

- International airfares from Australia to Singapore - ask your Travel Advisor for best available options
- Items of a personal nature
- Optional services such as Spa treatments

How to Book

Contact your Travel Advisor.

A non refundable deposit of \$250 pp is required to confirm a booking. Final balance is due no later than 25 February 2023



CLUB MEDS ALL-INCLUSIVE
**7 day Wellness Experience
Resort Package**

Superior Room with Balcony	Twin Share \$1899 per person	Single Occupancy \$2349
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Superior Room with Balcony and Seaview	Twin Share \$1999 per person	On request
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Daily Body & Soul Wellness Activities

Select from a range of organised activities to fill your day, utilise the resort facilities, or simply relax and unwind, the choice is yours! Check out this example of a typical Body & Soul day.

TIME	ACTIVITY	DESCRIPTION	WHERE
7:00	Running Club	Expect to cover 5km or more	Meet at Reception
8:00	Hatha	Breathe, strengthen & stretch facing the beach	Fitness Centre
9:00	Re-Move	Low intensity class focussed on improving body-mind connection and joint mobility	Fitness Centre
10:00	Circuit Training	Improve your strength, flexibility, agility, coordination and aerobic conditioning	Coconut Garden
11:00	Cooking Demonstration	Gain more insights on healthy-eating	Main bar
11:45	Water Aerobics	Fun-filled fitness at the pool	Pool
15:00	Beach Body	Combining high intensity interval and circuit training	Fitness Centre
16:00	Pilates	Exercises designed to improve physical strength, flexibility, posture and enhance mental awareness	Fitness Centre
	Face mask & body scrub workshop	Join us for a complimentary spa workshop	Main Bar
17:15	Fitness Bootcamp	Strength and conditioning programme to get you physically fitter, leaner and stronger	Next to the trapeze

*These activities are an example only and are not specifically a part of the programme during the period of travel indicated.
A full program of available activities will be provided prior to travel.

Become a new you!