



misibis bay

CAGRARAY ISLAND
BACACAY, ALBAY, PHILIPPINES



You are cordially invited



silh.com



*... to experience the Misibis Bay Fitness Escape
from May 17-19, 2011*

What is the Misibis Bay Fitness Escape?

Misibis Bay Fitness Escape is a comprehensive and personalized wellness break that will jump start your weight management and fitness goals or will break your fitness and weight loss plateau.

This is the first luxurious fitness and weight management camp in the country where you can get your dream vacation, experience the latest fitness and weight control trends and change your lifestyle – all in one package.

Who will conduct the program?

Fitness couple Mitch Felipe-Mendoza, MA, PTRP and Armand Mendoza, PTRP are fitness and lifestyle coaches and licensed physical therapists, certified in personal training, lifestyle and weight management, sports nutrition and group fitness. With over 10 years in the fitness industry, their knowledge and expertise focus on the following areas:

- One-on-one and group fitness
- Weight management
- Exercise science
- Strength and core training
- Mind-body activities
- Lifestyle/behavior modification
- Sports nutrition and healthy eating/cooking
- Injury prevention and management
- Stress management
- Sports and recreation

Fitness Escape package includes:

- 3 days and 2 nights stay at Misibis Bay
- Meals and snacks (Calorie values, portion and quality of food will depend on your food preference, gender, age, fitness level, health condition and goals)
- Programmed land and water resort activities like Hobie Cat sailing, kayaking, wind surfing, snorkeling, introductory diving, mountain biking, ATV ride, zip line, cave exploration, and sunset cruise.
- Fitness activities (indoor and outdoor) with coaches
- Pre-arrival interview with your lifestyle coaches
- Lifestyle and fitness assessments
- Healthy living, sports and fitness lectures
- Healthy lifestyle maintenance program
- Lifestyle re-evaluation after the program

Fitness Nutrition Activities

- Yoga (Beach and Aqua Yoga)
- Morning Walk & Stretch
- Weight Management/Fitness Assessment
- Nutrition/Healthy Eating Education
- Pilates
- Beach Boot Camp
- Kickboxing
- Aqua Aerobics
- Fitness walk/run
- Hiking
- Cardio Circuit
- Group Strength
- Fitness and Nutrition games

Rates

Fitness Escape Package*	
Poolside	
Junior Suite Deluxe	25,888
Premiere Villa	28,888
One Bedroom Deluxe	31,388
One Bedroom Premiere	33,888
Beachfront	
Junior Suite Premiere	31,388
One Bedroom Luxury	35,388
Luxury Villa	39,388

*Rates are quoted per person based on twin share. Please email marketing@misibisbay.com to inquire for triple share rates.



Poolside Villas



Luxury Villa



One-Bedroom Premiere

What to bring?

- Trail shoes / Running Shoes
- Swim wear
- Sports/gym outfit

RSVP: On or before May 9, 2011

Mitch (0917) 503 3142

Armand (0917) 859 8344

www.misibisbay.com

Cagraray Island, Bacacay, Albay Province, Bicol Region, Philippines
marketing@misibisbay.com • (052) 821.3800 • (052) 487.1540