

MEXICO

earn it
live it

cross-fit adventure

want it
get it

February 1 - 5

Join us

For a fun, fit, exotic getaway come enjoy a fitness adventure extravaganza that allows you to explore and cross-train on the Riviera Maya in Akumal, Mexico with Elite Trainers!

What to Expect:

- **Cardio:** 5 -15K Daily Run
- **Functional Strength & Endurance** - Land & Pool
- **Core Training**
- **Kayaking**
- **Paddle Boarding**
- **Prep Movement (Dynamic Warm-up)**
- **Athletic Yoga**

What more do you need? Get out of your box and step into a whole new world of fun & adventure!

When: February 1-5, 2012

Where: Las Villas Akumal, Riviera Maya - Mexico

Cost: as low as, \$1145 per person, including 14% tax

All prices include: villa (1, 2, or 3 bedrooms available, breakfast, training, rentals, local transportation, adventure race & tshirts.



CONTACT:

Tiger Athletics / Stacie Clark

e-mail: info@tigerathletics.com

Check out our bios and web site for training information.

www.tigerathletics.com



LAS VILLAS

AKUMAL - RIVIERA MAYA - MEXICAN CARIBBEAN

DETAILS

Grab some friends & let's go! Turn this into a fitness vacation!

TRAINING DETAILS: Get ready for running on the beach and in the jungle, kayaking, core power strength & toning, prep movement & athletic yoga for flexibility. Workouts will begin at 7:30am daily & late afternoon training will be optional (beach walk, athletic yoga, pool); so you have your afternoons to explore! **EQUIPMENT TO BRING:** ADULTS - yoga mat, water weights (will be loaned to you in advance to bring). We will provide tubes.

TRAINING & ACCOMMODATIONS COST, based on 4 nights/5 days, as low as \$1145 per person:

****All prices include Villa, Adult Training, Breakfast, Local Transportation, T-shirt & Adventure Race.**

****Prices include 14% Mexico tax; extended stay available (contact us directly).**

****All villas include a kitchenette. Ocean view villas include a huge balcony with swings, table/chairs.**

****Many options for single, double & multiple occupancy rates, see below:**

Studio 1 Bedroom (sleeps 1-2+ people)	- \$1365, based on single occupancy \$1145 per person - based on 2 person occupancy
2 Bedroom Ocean View (sleeps 4 people)	- \$1445 per person, per room - based on 2 person occupancy \$1275 per person - based on 3 person occupancy \$1185 per person - based on 4 person occupancy
3 Bedroom Ocean View (sleeps 5-6 people)	- \$1230 per person, per room - based on 5 person occupancy \$1180 per person - based on 6 person occupancy

***Airfare/shuttle service are not included in costs.**

RESERVATIONS: Contact Stacie Clark directly to make your reservation, info on front.

AIR TRANSPORTATION: You will need to book yourself. We recommend you arrive on Feb 1 for villa check-in.

CAR RENTAL / SHUTTLE: If you are an explorer, you should rent a car. The resort is located 20 minutes south of Playa del Carmen & 20 minutes north of Tulum where the Mayan Ruins are tucked away. A car will cost about \$40/day. Grab some friends and split the cost! We recommend Hertz or National at Cancun Airport. If you are just interested in getting to & from the airport, the most cost-effective way is to go the shuttle route. We recommend that you make a reservation at <http://www.cancun-airport.com/> Go to Transportation Services. Share the shuttle with friends, as low as \$40 round trip.