We start in Miami on October 23, 2021.

Dedicated purely and exclusively to mental and physical well-being, this program is a break from disconnection to change eating habits and sedentary life and incorporate them into daily life in a natural way.

We will stay at the Double Tree by Hilton Ocean Point Resort and Spa hotel located in Sunny Isles Beach on the beach, which makes it an excellent option both to develop the program activities and to take advantage of the free moments that we will have.

We include meals, which will be specially prepared by hotel chef William McCoy, who was the chef assigned to Team USA for the Beijing 2008 and Vancouver 2010 Olympics. He will be in charge of our food. Each dish will have the perfect balance of protein, carbohydrates and
essential fats for the body.

What does this tour include?

- 8 days / 7 nights of accommodation in a standard room.
- Transfers to and from the airport.
- Internal transfers.
- Breakfast, lunch and dinner.
- Aerobic activities, boxing, walks on the beach, kayaking and biking, all with certified trainers.
- Classes oriented so that you know everything about your body and metabolism to improve your lifestyle.

- BONUS: at the end of the tour we will give you a week of online training with Cristina Barcala for when you return home.

- Free time to go shopping and rest. We can offer transfers to shopping malls (additional cost).

The MIAMI FITNESS RETREAT program is unique in its kind: there is no minimum or maximum age to do it, just have a good predisposition and be in good physical condition.
Of course, no activity is mandatory.
After a week without realizing it we will feel better and effortlessly! Only connecting with the healthy, with the positive.

407 LINCOLN ROAD - SUITE 11K - MIAMI BEACH, FL 33139
T +1 (212) 252-8690 - INFO@ZOHARTOURS.COM - ZOHARTOURS.COM

Do not stay out!

How much?

$ 3,199.00 per person, double occupancy
$ 3,899.00 per person, single occupancy
$ 3,029.00 per person, triple occupancy
$ 2,899.00 per person, quadruple occupancy

A non-refundable deposit of $ 500.00 is required to confirm the reservation.
Final balance must be received before September 09, 2021.

Does not include air ticket.

Prices are in US dollars.

Payment methods:
Bank transfer or deposit to our JPMorgan Chase Bank checking account.
Credit card with 4% processing fee.
For payments outside the US please consult your travel agency or our representatives abroad:

- **Argentina**: Secontur Lufthansa City Center - fitness@seconturlcc.tur.ar
  Phone +54 11 3986-3333
- **Perú:** Viasol Travel - Sandro Loayza - sloayza@viasoltravel.com -
  Phone: +51 999 256 000

Please inquire about rates for pre and post tour nights.

We are going to ask you:

-Medical certificate
-Travel assistance insurance
-Test Covid-19 negative 72 hours. before the trip. (subject to change of according to the provisions in force on the date of the trip).

"Dare to take the first step to change your life, to feeling healthier and more dynamic
Enjoy every moment of this program specially designed so that when you come back home,
to your daily routine, you will feel that your body and mind
are no longer the same, that you have started to walk on a new path,
more vibrant, full of energy and good vibes.
There is no turning back, you have chosen to feel better and now, there are no limits,
nothing can keep you from feeling good about yourself."

Best regards,