



**ACTIVITIES**  
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**ABI PECCI**

# ACTIVITY GUIDE BOOK

ACTIVITIES NEAR CITY CAMPUS

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# CITY CAMPUS ACTIVITIES



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# YOGA AND PILATES

\* City Campus assistant manager will help you with registration  
**FOR WOMEN OVER 30 PILATES & YOGA CENTER 30 SECONDS AWAY 30 DAYS OF HEALING COURSE**

## 1. YOGA

**Hot Hatha Yoga** This class offers a series of poses designed to strengthen the body and mind as it offers challenging and discipline-building practices while in the hot room.

Pranalaya Yoga & Wellness Baguio

Our In-studio Class rates are as follows:

- 1 class Php400
- 2 class pass Php 700
- 3 class pass Php 900
- 5 class pass Php 1250

\*Pls bring your own yoga mat, drinking bottle and change of clothes

## 2) PILATES

### Mat Basics

**Schedule :** Tue(08:30~09:30, 16:00~17:00) Fri(17:30~18:30)

Group (1 class)	PHP 450	Private (1 class)	PHP 600
Group (3 class)	PHP 1,125	Private (3 classes)	PHP 1,700
Group (6 classes)	PHP 2,200	Private (6 classes)	PHP 3,500

### Hybrid Reformer

**Schedule :** Thur(16:00~17:00)

- Private (1 class) PHP 850
- Private (3 classes) PHP 2,500
- Private (6 classes) PHP 5,000



## Pranalaya WELLNESS HUB (Yoga/Filates Center)

Address: #1 Montinola Loop, Montinola Subd., Kساد Rd, Baguio City  
(30 seconds away from City Campus)  
Facebook: <https://www.facebook.com/pranalaya>  
E-mail: [hello.pranalaya@gmail.com](mailto:hello.pranalaya@gmail.com)

## CONTACT US

Mon-Sun: 8AM-5:30PM | Call: 0917-150-0570  
<https://www.pranalaya.yoga/>



# FITNESS GYM

\* City Campus assistant manager will help you with registration

## GYM RATE

**1300 PER MONTH**

Bring Extra shirt and  
your own towel

## SCHEDULE

- 6am - 11pm weekdays
- 8am - 1pm sat weekends
- Closed every Sunday

# ROYALE FITNESS HUB

Address: Crown Legacy Hotel, Baguio City, Philippines, 2600

(30 seconds away from City Campus)

Contact us: 0908 106 7289



*Healthy body and mind  
- A happy life*






# ATHLETIC BOWL

## Operating Hours

 Monday - Sunday

 5 AM - 6 PM

 Athletic Bowl, Kisad Road Baguio

 10 minutes walk from City Campus

## 25 Php

Regular Users

Regulatory  
Rate

## Use of Lanes

### ATHLETES

- Lane 1, 2, 3, & 4

### JOGGERS/WALKERS

- Lane 5, 6, 7, & 8

# BADMINTON CLUB

One Year  
Membership Rate

CORPORATE MEMBER

**250.00 Php**  
(21 years old above)

Badminton Club  
Monthly Rates

**550.00 Php**



MWF



1 PM - 4 PM



TTTHS



7 AM - 10 AM



**BRING YOUR OWN**

- ✓ Racket
- ✓ Shuttlecock

**Join Now**

**248-1211**



**YMCA OF THE CITY OF BAGUIO, INC.**  
Post Office Loop, Baguio, 2600 Benguet





# PORTA VAGA PARK GOLF

*Complete your Lifestyle*



## SCHEDULE



**MON - FRI**



**8 AM - 5 PM**

## DAILY RATES

Walk-in

**30 MIN. - 400 Php**

**1 HR. - 700 Php**

With Personal Trainer

**1 SESSION - 1,200 PHP**

**4 SESSION - 4,500 PHP**

**8 SESSION - 9,000 PHP**

**12 SESSION - 13,500 PHP**

**PER HOUR**

**MORE INFORMATION**

info@parkgolf-simulator.com  
0921 496 8517

3rd Floor, Porta Vaga,  
Session Rd, Baguio City



# #PINEWOODS

## PINEWOODS GOLF AND COUNTRY CLUB

**GUEST  
(NO MEMBERSHIP)**

**WEEKDAYS**

**3,550 PHP**

2,450 PHP - GREEN FEE + CART  
1,100 PHP - EXCLUSIVE SERVICES

**WEEKEND**

**3,850 PHP**

2,750 PHP - GREEN FEE + CART  
1,100 PHP - EXCLUSIVE SERVICES

### EXCLUSIVE SERVICES

CADDY - 600 PHP  
TRANSPORTATION PER PAX (2 WAY) - 200 PHP  
INSURANCE - 300 PHP  
(FREE SHOWER)

**TO BUY MEMBERSHIP**  
- BRING COPY OF PASSPORT  
- ENGLISH NAME  
- CONTACT KOREAN DESK



THE PINEWOODS GOLF AND COUNTRY CLUB ASIA ROAD  
BAGUIO CITY BENGUET 2600 PHILIPPINES

**1 MONTH MEMBERSHIP**

**1 MONTH - 12,000 PHP**

+ 1,200 PHP - CART FEE  
+ 1,100 PHP - EXCLUSIVE SERVICES

**OPEN  
EVERYDAY  
6 AM - 8 PM**

FOR REGISTRATION CITY CAMPUS ASSISTANT  
MANAGER WILL HELP YOU WITH REGISTRATION

### MORE INFORMATION

YESON TRAVEL AGENCY  
Mr. JANG SANG HOON  
09153434341

**5KM FROM CITY CAMPUS  
TO PINEWOODS GOLF**

15 - 20 MINUTES BY CAR

[pinewoodsgolfbaguio@yahoo.com](mailto:pinewoodsgolfbaguio@yahoo.com)