

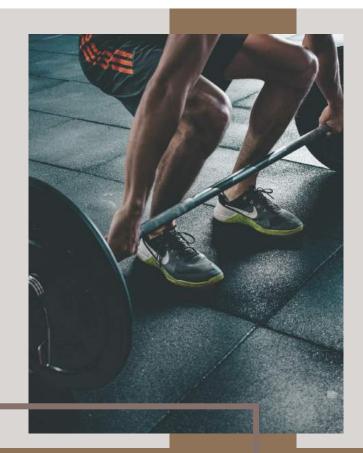
ABI PECI

ACTIVITY GUIDE BOOK

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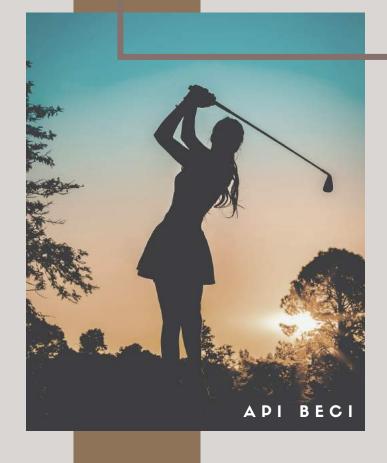
02 Pranalaya & Pilates

03 Fitness Gym



CITY CAMPUS

ACTIVITIES



04 Athletic Bowl

05 Badminton

06 Indoor Golf

07 Outdoor Golf





* 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., Kisad Rd, Baguio City

(30 seconds away from City Campus)

Facebook: https://www.facebook.com/pranalaya

E-mail: hello.pranalaya@gmail.com

CONTACT US

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



* 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, 88





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



TTHS



7 AM - 10 AM



BRING YOUR OWN

- Racket
- Shuttlecock

Join Now

248-1211

Post Office Loop Baguio 2600 Borgust Post Office Loop, Baguio, 2600 Benguet

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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

info@parkgolf-simulator.com 0921 496 8517 3rd Floor, Porta Vaga, Session Rd, Baguio City



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



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

TO PINEWOODS GOLF

15 - 20 MINUTES BY CAR

pinewoodsgolfbaguio@yahoo.com

5KM FROM CITY CAMPUS

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