



ASOCIACION TURISMO Y SALUD  
COSTA DEL SOL

# PRO GOLF AND HEALTH

Play Golf and take care of your  
**HEALTH**



MAKE EXERCISE DURING YOUR  
**HOLIDAYS, PLAY GOLF AND GET  
DIFFERENT TREATMENTS**

# PRO GOLF AND HEALTH

From October to June – 8 / 15 / 22 days – Half/Full Pension



**Including two daily hours from Monday to Friday of monitored exercises that combine:**

- Healthywalking, 5 Sessions/week +
- Technogym, 5 Sessions/week +
- Aquagym, 5 Sessions/week

+ Half/Full Pension with Healthy Menus Buffet

+ **Golf and a free visit to :**

- Ophthalmologist
- Rheumatologist
- Dentist
- Orthopedic
- Aesthetic

**This is a COMBINED Program, focus on a daily Exercise, Healthywalking, Technogym, Aquagym five days a week, plus Golf and a free Visit to a one of the Specialist above mentioned near your Hotel. Get in good shape during your Holidays.**

**BOOKING**

