



**play  
itas**

*Free your mind*

*The active lifestyle  
holiday company*

# play itas

*Free your mind*

International Sports & Fitness Resorts where Sports enthusiasts, professionals and amateurs enjoy training camps and their individual active holidays within a healthy Lifestyle environment. Highly dedicated Teams of professionals make your Sports holidays a second home, where weekly sports program, adapted to children and adults, are organized with perfect sports facilities, events and camps throughout the year. Healthy food powered by Playitas and our environment initiative Playitas Nature are an important part of Playitas Resort's values and philosophy.

You all make Playitas Resort

*#europesbestsportsresort*



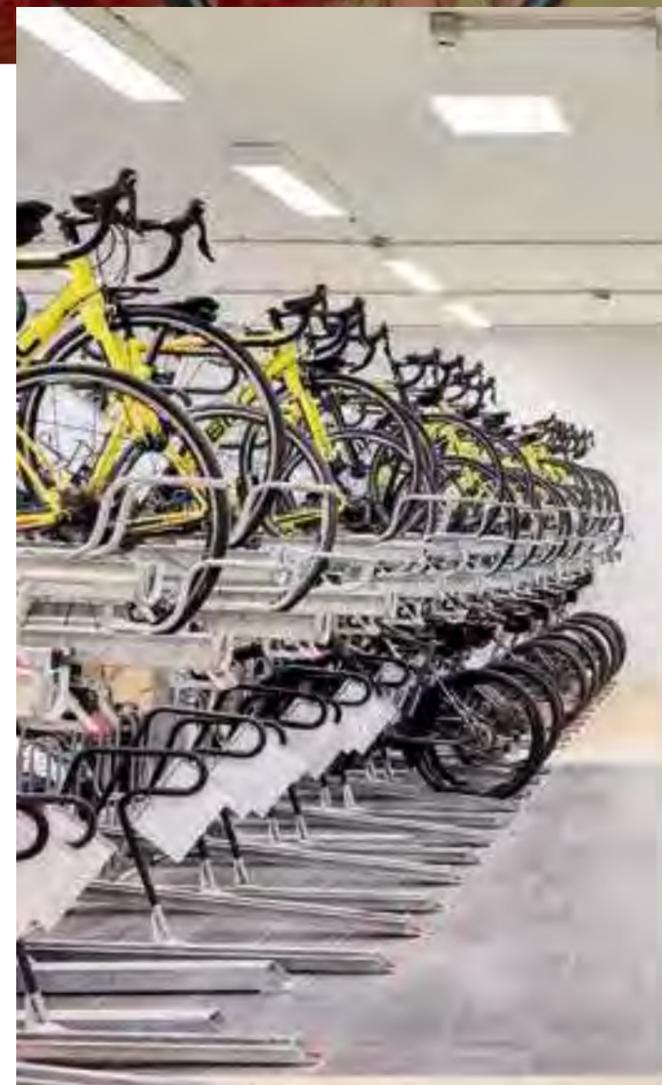
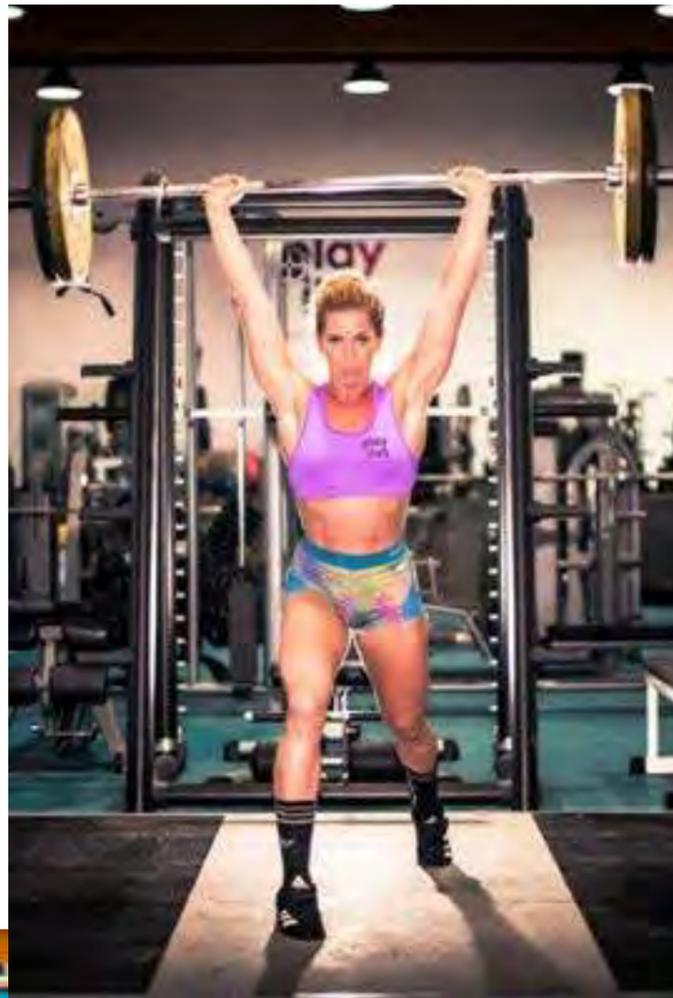


## SPORT FACILITIES

# the gym

*Playitas*

- 700m2 renovated Gym
- Cardio & Strength machines
- Free weight area
- High quality equipment



# cycle centre

*Playitas*

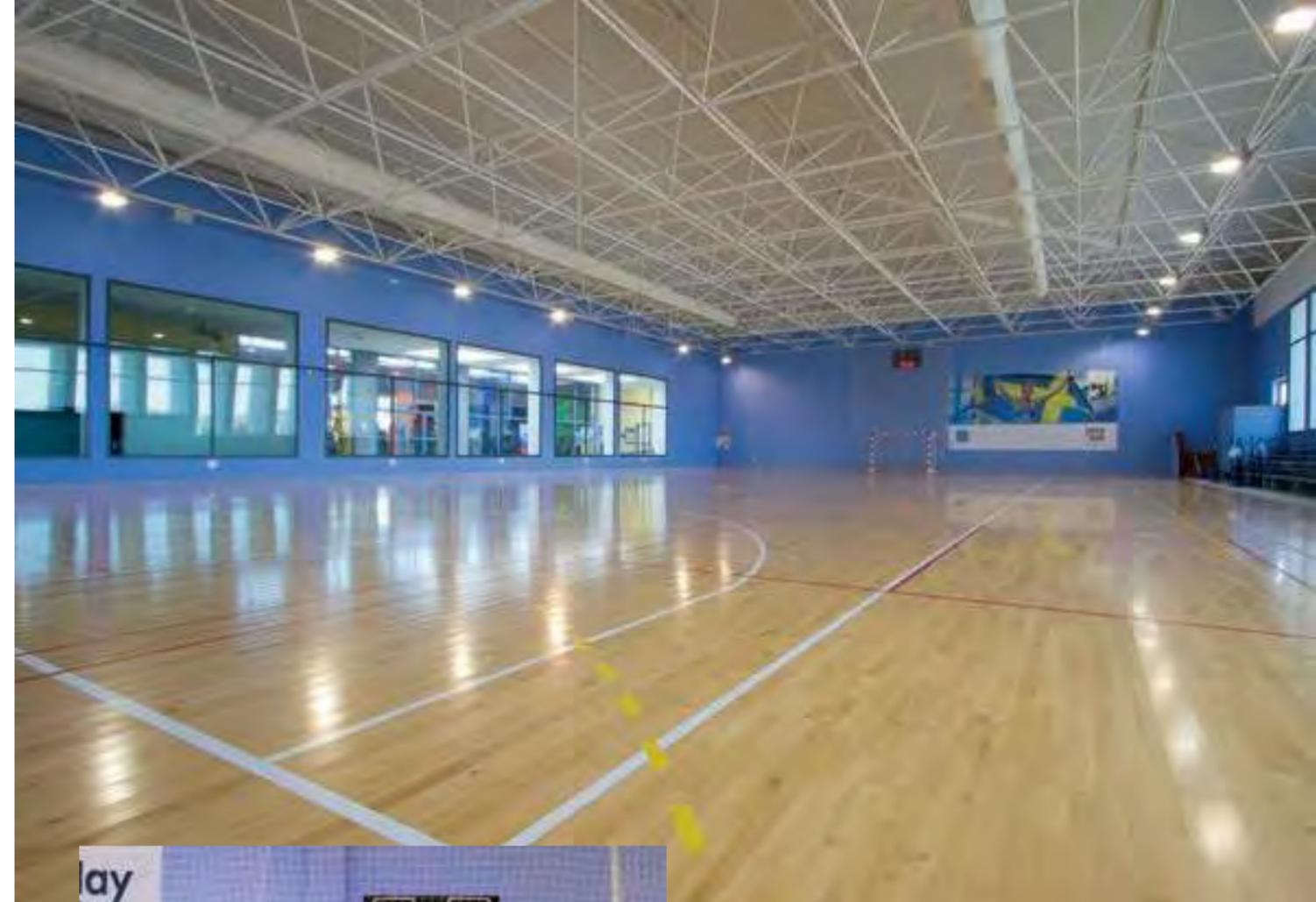
- 250 bikes: quality brands and new models
- Road bikes, mountain bikes, e-bikes, fatbikes and children's bikes for rent
- Several times per week different guided bike tours
- Maps with routes available
- Mechanic service



## SPORT FACILITIES

# the olympic pool

- Eight-lane, 50m outdoor Olympic pool
- Heatable up to 26 degrees
- Starting blocks
- Underground gallery for viewing and monitoring swim technique, used to analyze and correct swimmers
- Backstroke flags
- Wave killer lines and clocks
- Grandstand for 300 spectators
- Pull Buoys, hand paddles, boards & fins available
- Changing rooms with shower and lockers



# the indoor hall

- 1200m2 Indoor Hall
- Modern hall with performance artificial lights and scoreboard for different sports
- Suitable for sports like handball, floorball, badminton, soccer, table tennis, basketball etc
- Exclusive rental possibility



## SPORT FACILITIES

# the wod box

### DAILY SPORTS ACTIVITIES:

- Boxing classes
- Fitness activities
- Martial arts
- Workout Of the Day
- Official size boxing ring



- Lifting area with equipment for weight and olympic lifting
- Monkey bar
- Fitness equipment available (air bikes, kettlebells, Jumping Trampolines, Jump Boxes, row machines, boxing & punching bags, steps, push & pull sledge, battle ropes, etc.)
- Exclusive rental possibility
- Sound system available



# padel tennis club

- 5 tennis courts with artificial turf and quartz sand. 3 of them with flood lights
- 4 padel courts with artificial turf and quartz sand. All of them with flood lights
- Weekly tournaments
- Lessons available
- Rental of equipment

# SPORT FACILITIES

## el teatro Multicourt

- Outdoor area located in Plaza Rambla for different kind of classes and events
- Stage
- Wind protected
- Partially shaded
- Exclusive rental possibility
- Sound system available



## golf club

### Playitas

- 18-hole par 67 golf course with views of the Atlantic
- Open 365 days a year
- Putting green, chipping green with bunkers and driving range
- Equipment can be rented.
- Several golf tournaments per year Clubhouse
- Golf academy with PGA Professional
- Private or group lessons in Spanish and English



The striking platform, where Playitas starts the day with the famous Sun Salutation, enjoying the wonderful view over the ocean.

Located in Plaza Rambla and known as the hallmark of all hotels powered by Playitas and as the meeting point where multiple group activities take place.

## SPORT FACILITIES

# the sport zone

- Outdoor multicourt with sea view where daily sports activities take place
- Fitness classes
- Choreographed Classes
- Strength & Toning Classes
- Social sports
- Exclusive rental possibility
- Sound system available



# the yoga shala

- The optimal place with sea view for meditation and yoga classes
- Aerial yoga
- Yin yoga
- Vinyasa yoga
- Hatha yoga
- Meditation
- Exclusive rental possibility
- Sound system & equipment available

# SPORT FACILITIES



## Water Sports

- Kayak, Stand-Up Paddle training & tours
- Diving center offering diving courses for all levels
- External supplier

## Rock Climbing

- 4-meter-high outdoor climbing wall 20 different routes and 3 difficulty levels
- Large number of handles. Area and material available for rent



## Beach Volleyball

A sand court for beach volleyball available for social beach volley activities & tournaments.



# SPORT FACILITIES



## Track & Field

- 5 KM AWAY FROM PLAYITAS RESORT:
- Athletics track
  - Shot Put, Discus, Hammer & Weight Throw area
  - Javelin throw facility
  - External supplier

## Artificial Turf

- 5 KM AWAY FROM PLAYITAS RESORT:
- Artificial turf football field
  - External supplier



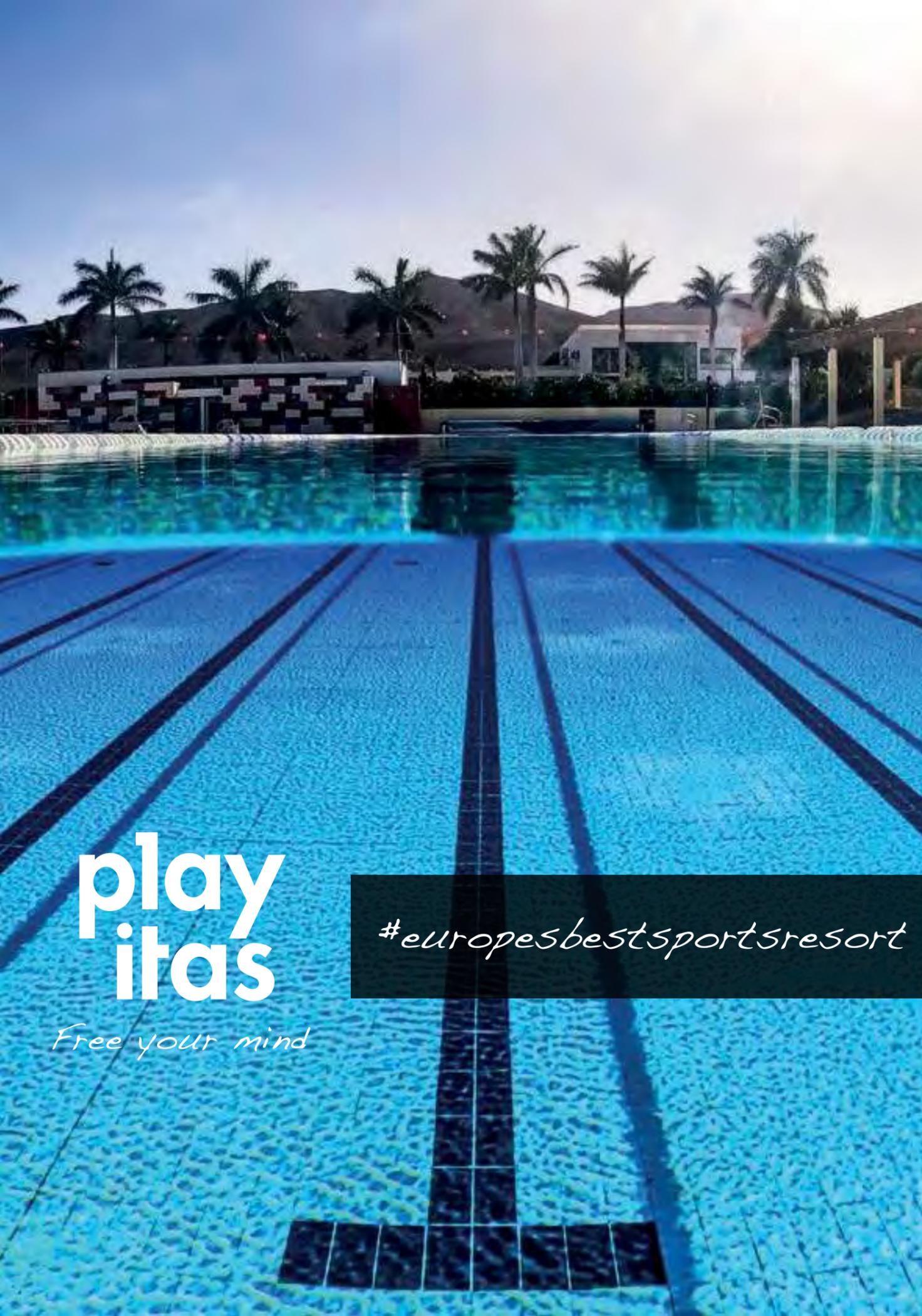
## Table Tennis

8 professional table tennis tables with surrounds that can be installed on request in the Indoor Hall.

- Professional scoreboard



# SPORTS



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Playitas Resort, considered the home of triathletes, is one of the most important triathlon training center in Europe.

Fuerteventura is particularly well-suited for cyclists: perfect weather conditions all year round, well-developed roads, low traffic and varied routes.

Swim training in the 50m eight lane Olympic Pool.

Perfect weather conditions for open water swim training.

Various marked running tracks (from 1.4 km to 23 km).

# SPORTS



Explore the beautiful island on two wheels both by mountain and by road.

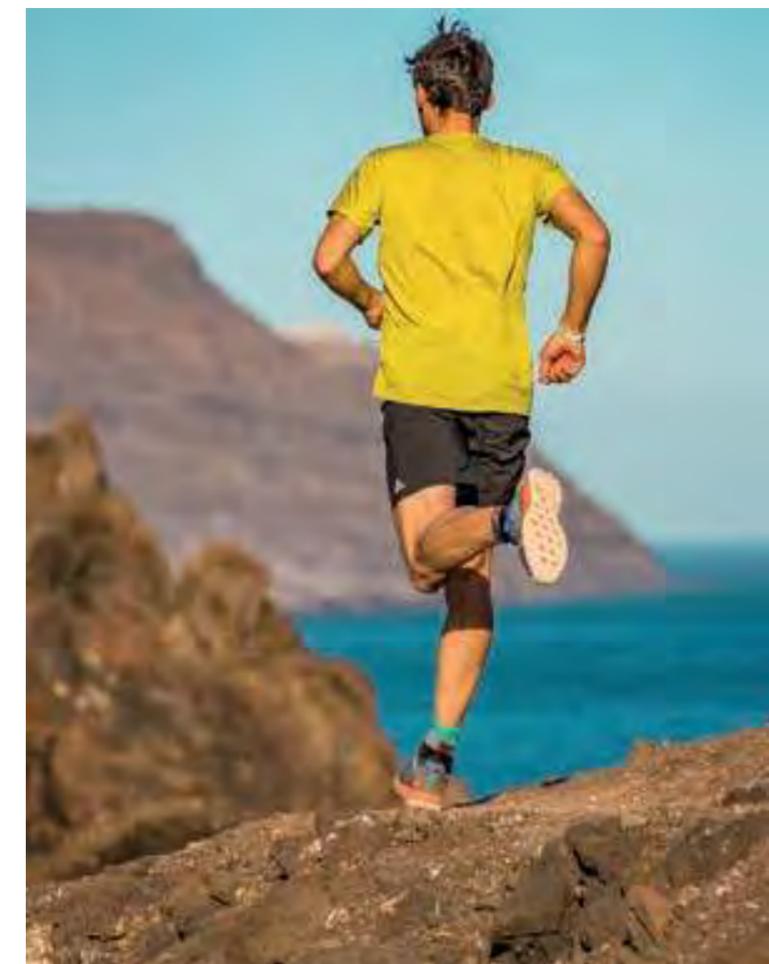
- Perfect weather conditions all year round
- Well-developed roads
- Low traffic
- Several times per week different guided bike tours
- Maps in our Cycle Centre available with routes from 40 to 171 km distance and between 400 and 1600 m gained altitude
- More than 250 Bikes available for rent
- Various marked running tracks (from 1.4 km to 23 km)



- Ideal conditions for outdoor swimming
- Eight-lane, 50 m outdoor Olympic pool
- Individual and group lessons
- 900m of natural sand beach in front of the resort with an average annual water temperature of 20°



- Various open-air tracks (from 1.4 to 23 km) starting in the resort
- Athletic track 5 km away from the resort
- External supplier
- Running maps available



# SPORTS



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- More than 30 high quality bikes
- Weekly classes of different levels
- Exclusive rental possibility
- Sound system available
- External supplier

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- Medicine balls
- Kettlebells
- Plates
- Weights body pump
- Elastic bands
- Aerobic steps
- Various combat material



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## PERFECT ACTIVITIES FOR THE WHOLE FAMILY:

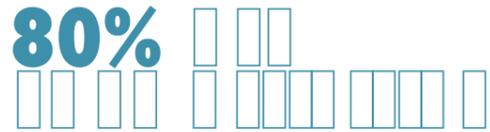
- Aqua Splash Dance
- Aqua Aerobics
- Aqua Tabata
- Aqua Fun Class



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- Training Camps
  - Triathlon
  - Running
  - Trail
  - Fitness
  - Swimming
  - Dance
  - Hiking
  - Tennis
  - Boot Camp
  - Strength and Cardio
  - Open water swimming
  - Martial Arts
- Yoga & Meditation retreats
- Races
- Championships
- School camps
- Seminars
- Incentives

# SPORTS PROGRAMME



- ☐ Running
- ☐ Off road run / Morning Run
- ☐ Running Intervals
- ☐ Running Skills with a specialist
- ☐ Foot Training
- ☐ 5 km & 10 km Race
- ☐ Lighthouse Run 13,6 km
- ☐ Aquathlon
- ☐ Duathlon Race

- ☐ Daily classes
- ☐ Body Attack
- ☐ Body Balance
- ☐ CxWorX
- ☐ RPM (Revolution Per Minute) Spinning Class
- ☐ Body Combat
- ☐ Body Pump

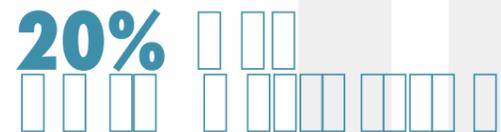
- ☐ Martial Arts
- ☐ Fight Klub, Bag Box and Circuit Classes / Boxing Intervals
- ☐ Fitness Boxing

- ☐ Dance
- ☐ Dance Fusion
- ☐ Pound
- ☐ Zumba Dance Fitness

- ☐ Non-Choreographed
- ☐ Bootcamp
- ☐ Circuits
- ☐ Core
- ☐ Functional
- ☐ HIT
- ☐ Senior Training
- ☐ Pilates – Basic, Advance, Fitness
- ☐ Aqua
- ☐ WOD competition
- ☐ Step
- ☐ Powerslashing – Slashpipe
- ☐ Power Training

- ☐ Kettlebells
- ☐ Lower Body
- ☐ Upper Body
- ☐ Sweat
- ☐ Interval Mix
- ☐ Insanity
- ☐ Social Sport Volleyball
- ☐ Badminton
- ☐ Football
- ☐ Floorball
- ☐ Handball
- ☐ Basketball
- ☐ KSA (Kids Sport Academy) Activities – during KSA weeks

- ☐ Mind & Body Strech & Relax
- ☐ Sun Salutations
- ☐ Flexibility
- ☐ Foam Roller
- ☐ Self Myofascial Release
- ☐ BALLance
- ☐ Meditation
- ☐ Silent Meditational Walk



- ☐ Bike rental and Bike Tours
- ☐ Golf 18 holes , 9 holes and lessons
- ☐ Indoor cycling (spinning)
- ☐ Minigolf
- ☐ Personal Training
- ☐ Rent of indoor hall, WOD box and Combat tent
- ☐ Rent of Olympic pool lane
- ☐ Yoga
- ☐ Tennis courts and lessons
- ☐ Padel courts and lessons
- ☐ Fitness X WOD, Y ROX (including daily WOD's)
- ☐ Jumping Fitness
- ☐ Climbing Wall (Bouldering)
- ☐ Olympic Lifting
- ☐ Gymnastic Fitness



# the sport shop



- Everything you need for your daily training
- Best selection of high-quality sports products
- Playitas branded sports collection
- Swimwear
- Sports shoes
- Accessories
- Nutrition, gels, drinks, etc.
- In-Store Printing to personalize your textile





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*Live, Love, Train*

## FOOD



### healthy food by **play itas**

Playitas Resort has created its own healthy and sustainable concept.

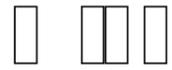
A surface of more than 10.000 m2 of Eco Gardens with a big variety of fresh fruits and vegetables that can be grown in Fuerteventura. Own beehives for honey production. Plantation of more than 250 olive trees contributing to the reduction of the carbon footprint.

Our Buffet restaurants offer a variety of meal options with ingredients that are carefully selected including protein and carbohydrate areas.

- Spanish & Italian á la carte restaurants
- Pool bars
- Golfclub bar
- Weekly BBQ
- Thai Food
- Gluten free, lactose free
- Vegan products and dishes



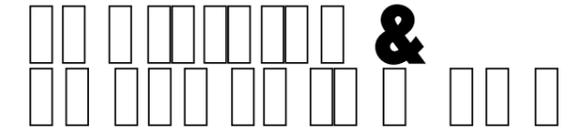
# MICE



Playitas Resort has extensive experience in the comprehensive organization of sporting events. We also organize corporate events, congresses, conventions, exhibitions for companies and private celebrations such as weddings, baptisms or communions. We offer creative and flexible solutions, adaptable to the needs of our clients, which allow us to achieve their total satisfaction with the highest standards of quality and professionalism.



# FACILITIES & ENTERTAINMENT



- Supermarket
- Fashion Shop
- Rent a car
- Live music
- Handmade Night Market
- Themed parties
- Various marked running track (from 1.4 km to 23 km)



- Children's buffet area
- Mini club for 4- to 11-year-olds
- Kids Sports Academy for 5- to 15-year-olds
- 122 m water slide
- Baby pool
- Minigolf

**la pared**  
powered by **play  
itas**

## LA PARED

La Pared powered by Playitas is a sport hotel located on the wild southwest coast of Fuerteventura next to the sandy beach of La Pared – internationally known as a fantastic location for surfers and other sports enthusiasts.

Enjoy surfing in the wild waves of the Atlantic Ocean – or experience a thrilling ride through Fuerteventura’s breath-taking landscape on a bike!

Surfing, yoga, mountain biking, hiking and group training classes are just a few of the many fun and challenging sports activities that will make your stay unforgettable.

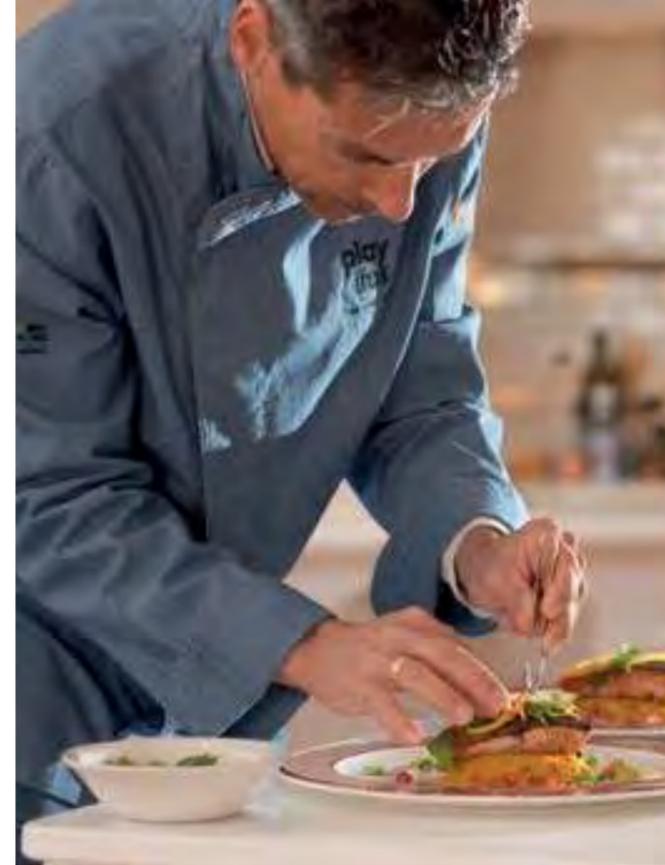


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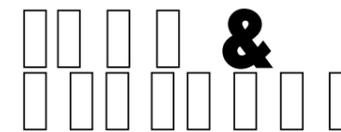
# LA PARED



- 67 double rooms
- 8 junior suites
- 26 one- & two-bedroom bungalows with kitchen
- All equipped with hair dryer, mini-bar, Flat screen TV, wireless Internet access and safe



healthy food **play itas**



Breakfast and dinner are served in the Buffet restaurant. Depending on the occupancy, our guests can enjoy lunch at the pool bar or in form of a buffet. At the pool bar you can enjoy, besides our good coffee, one of our healthy smoothies, a delicious cocktail, and even a meal "à la carte".

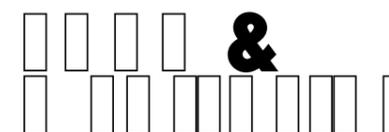


**la pared** powered by **play itas**

# LA PARED



La pared powered by Playitas is located right in front of the natural untouched beach, Playa del Viejo Rey where Surfers can enjoy the perfect waves all year round. You can book a starter, advanced or private surf course with our partner in front of the hotel.



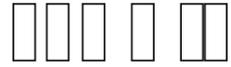
A perfect day in La Pared starts and ends with a yoga and meditation activity.

Its location in front of the Atlantic, considered one of the best places to enjoy the sunset in Fuerteventura, is the perfect spot to practice these activities.

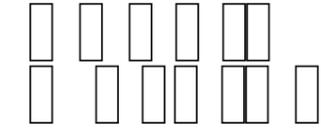
Various marked running tracks (from 1.4 km to 23 km).

**la pared** powered by **playitas**

# LA PARED



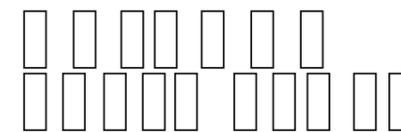
- 2 tennis courts with artificial turf and quartz sand. Both with flood lights
- Weekly social classes
- Lessons available
- Rental of equipment



Enjoy the spectacular landscape that surrounds La Pared. Nordic walking sticks are available at the reception – be inspired by the fresh air and sea views.



If you love biking, La Pared has got you covered. Discover Fuerteventura's unique and raw landscape during a challenging trip on our top-notch mountain or road bikes. Weekly tours of different distances are organized.



We have a special area for outdoor cycling, equipped with plenty of top range bikes. The classes are offered several times per week in our Sports program.

**la pared** powered by **play itas**



# LA PARED

## the gym

No matter what your fitness goal is, we've got the best equipment and machines to help you achieve your personal best.

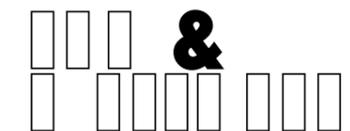
- 200m2 renovated Gym
- Cardio & Strength machines
- Free weight area
- High quality equipment



## the wod box

WOD - Workout Of the Day - is held every day in the WOD Box and consists of intense exercise in a short amount of time!

- Monkey Bar
- Fitness equipment available (Kettlebells, battle ropes, sand bags,...)



- Sauna
- Bucket Shower
- Outdoor Jacuzzi
- Physiotherapy
- Massages

BOOK YOUR HOLIDAYS

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