



**play  
itas**

*Free your mind*



*Fuerteventura*

International Sports & Fitness Resort 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 sport 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.

*We are*

*#europesbestsportsresort*





HOME OF SPORT



# 3 TYPES OF ACCOMMODATION

## PLAYITAS HOTEL

223 rooms, ideal for singles and couples. Double rooms and junior suites bookable with kitchenette, and 4 suites with private pool.



## APARTHOTEL

210 rooms (studios and apartments), fully renovated in 2022, are the perfect choice for families. All rooms are provided with a kitchen.

## PLAYITAS VILLAS

The 24 villas with private pool and a fully equipped kitchen are ideal for spending exclusive holidays.



All rooms are equipped with air conditioning, telephone, Wi-fi, TV, safe, bathroom with shower, hairdryer and a terrace or balcony.

# S P O R T



## gym

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

## cycle centre

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



# FACILITIES

## olympic pool

- Eight-lane, 50m outdoor Olympic pool
- Heatable up to 26 degrees
- Starting blocks with fast-jump system
- 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 showers and lockers



## indoor hall

- 1.200m<sup>2</sup> 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

# wod box



## DAILY SPORT 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, rowing machines, boxing & punching bags, steps, push & pull sledges, battle ropes, dumbbells, etc.)
- Exclusive rental possibility
- Sound system available



# tennis padel pickleball

- 6 tennis courts with artificial turf and quartz sand. 5 of them with flood lights
- 7 padel courts with artificial turf and quartz sand. All with flood lights
- 1 pickleball court
- Weekly tournaments
- Lessons available
- Rental of equipment







# 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

## PINK PLATFORM

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 meeting point where multiple group activities take place.





# sport zone

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

# 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





## CLIMBING WALL

- 4-meter-high outdoor climbing wall, 17 different routes and 5 difficulty levels
- Large number of handles
- Area and material available for rent



## WATER SPORTS

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



## BEACH VOLLEYBALL

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



## FOOTBALL COURT

1 KM AWAY FROM PLAYITAS RESORT:

- Artificial turf football field
- External supplier



## TRACK & FIELD

5 KM AWAY FROM PLAYITAS RESORT:

- Athletics track
- Shot put, Discus, Hammer & Weight throw area
- Javelin throw facility
- External supplier



## TABLE TENNIS

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



# golf club

- 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 tournaments per year
- Clubhouse
- Golf academy with PGA professional
- Private or group lessons in Spanish or English



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S P O R T S

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# TRIATHLON

Playitas Resort, considered the home of triathletes, is one of the most important triathlon training centers 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).



## SWIMMING

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

## CYCLING

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
- More than 250 bikes available for rent
- Various marked running tracks



## RUNNING

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



## OUTDOOR CYCLE

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



## FITNESS

- Kettlebells
- Plates
- Elastic bands
- Aerobic steps
- Dumbbells
- Bars
- Cardio equipment
- Multipurpose racks
- Stretching area
- High quality machines



## AQUA TRAINING

PERFECT ACTIVITIES FOR THE WHOLE FAMILY:

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

## THEMED WEEKS

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





*Welcome to*

# **play itas**

*Free your mind*





# SPORTS PROGRAMME

80% FREE activities / \* 20% PAID activities

## BASIC FITNESS

- CIRCUIT
- DANCE FITNESS
- DANCE CHOREO
- AEROBICS
- AQUA FUN / AEROBICS
- STEP & WORKOUT
- LES MILLS BODY COMBAT
- BOXING
- POUND
- BOOTCAMP
- JUMPING FITNESS\*
- INDOOR CYCLING\*
- LES MILLS RPM\*
- BIKE TOUR\*

## SOCIAL SPORTS

- TABLE TENNIS
- VOLLEYBALL
- BASKETBALL
- FOOTBALL
- FLOORBALL
- HANDBALL
- BADMINTON

## RACES

- LIGHT HOUSE RACE
- 5/10KM RUNNING RACE
- AQUATHLON

## MIND & BODY

- STRETCH & RELAX
- MOBILITY
- PILATES
- PNF STRETCH
- FOAMROLLER
- SUN SALUTATION
- FASCIA RELEASE
- LES MILLS BODY BALANCE
- BODYSHAPING
- MEDITATION
- BREATHWORK
- MEDITATION WALK
- TRX STRETCH & MOBILITY\*
- TRX FUNCTIONAL\*
- TRX MEETS PILATES\*
- BALLANCE\*
- VINYASA\*
- SAMMOLAHARI\*
- YIN YOGA\*
- TRX YOGA\*
- AERIAL YOGA\*
- VINYASA MEETS YIN\*
- HATHA AERIAL YOGA\*
- VINYASA AERIAL YOGA\*
- CHAKRA YIN YOGA\*
- FACE YOGA\*
- PILATES REFORMER\*
- FLOAT FIT\*
- SPINE FITTER\*

## STRENGTH & TONING

- TEAM WORKOUT
- METCON
- UPPER / LOWER BODY
- CORE / LES MILLS CORE
- X FIT WOD\*
- LES MILLS BODY PUMP\*
- LES MILLS GRIT STRENGTH\*

## ATHLETIC IMPROVEMENT

- GYMNASTIC
- PRIMAL FIT
- RUNNING TECHNIQUE
- SWIM WOD
- FUNCTIONAL TRAINING
- HYROX\*
- OLYMPIC LIFTING\*

## INTERVAL TRAINING

- RUNNING INTERVAL
- HIIT
- TABATA

## SELF GUIDED Paid ACTIVITIES

- BIKE RENTAL
- GOLF
- MINI GOLF
- CLIMBING WALL
- TENNIS, PADEL & PICKLEBALL
- OLYMPIC POOL SWIMMING
- KAYAK & SNORKEL
- SUP



# sport shop

OPEN 365  
DAYS A YEAR

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





# healthy food by play itas



Playitas Resort has created its own healthy and sustainable concept. A surface of more than 10.000 m<sup>2</sup> 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.

- Á la carte restaurant
- Pool bar
- Palapa bar
- Thai Food
- Gluten free, lactose free
- Vegan products and dishes



# SUSTAINABILITY

Playitas Nature is committed to sustainability through various initiatives.



Our resort features its own desalination plant, ensuring a reliable and eco-conscious water supply.

Furthermore, we operate a fleet of electric vehicles, reducing our carbon footprint and promoting cleaner transportation options.

Solar panels adorn our facilities, harnessing renewable energy to power our operations efficiently.



Additionally, we're proud of our ecogarden, where we grow fresh produce for guests, highlighting our commitment to local and sustainable farming.



# 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.



## CONFERENCE ROOMS

4 meeting rooms for up to 120 people

Room name	Place	Floor	Size in sqm	Theater	Classroom	Meeting	Cocktail
Tuineje	Hotel	0	131,00	120 pers.	84 pers.	40	120 pers.
Betancuría	Hotel	1	105,00	55 + 20 pers.	36 + 16 pers.	34	70 pers.
Las Palmas	Hotel	1	103,00	55 + 20 pers.	36 + 16 pers.	34	70 pers.
Antigua	Aparthotel	1	142,00	60 pers.	48 pers.	30	x





## FACILITIES & ENTERTAINMENT

- Supermarket
- Sport Shop
- Car rental
- Game area
- Doctor
- Live music
- Handmade Night Market
- Themed parties
- Adults only area
- Health & Wellness Center

## PLAYITAS KIDS

- Miniclub for 4 to 11 year-olds, on request
- Kids Sport Academy for 5 to 15 year-olds
- 122m water slide
- Baby pool
- Minigolf
- Playground



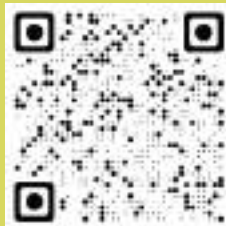
## KIDS



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