



### **Couples Resorts Fitness Centers**

Reservations: 800.268.7537  
Website: [www.couples.com](http://www.couples.com)

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Just because couples are on vacation does not mean they have to take a break from their fitness routine - unless, of course, they want to. Couples Resorts offers an extensive variety of fitness centers which give couples an endless amount of activities to enjoy. In many cases, couples just need to pack their gym shoes as racquets, balls and other equipment is conveniently provided.

### **Couples Swept Away**

- 10-acre sports and fitness complex
- Open-air fully equipped gym with Cybex fitness equipment
- Aerobics room with a flexible floor
- Specialty fitness classes: body sculpting, aerobics and yoga, as well as individual fitness programs with professional instruction
- 10 tennis courts including clay courts and tennis instruction
- Greens fees and shuttle to nearby golf course
- 25-meter lap pool
- Outdoor jogging track
- Steam rooms and saunas
- Water aerobics
- Beach volleyball

### **Couples Negril**

- Air conditioned gym with state-of-the-art free weights, benches, treadmills, elliptical machines & stationary bikes
- Greens fees and shuttle to nearby golf course
- Tennis courts and tennis instruction
- Water aerobics

- Beach volleyball

### **Couples Tower Isle**

- Gym with complete assortment of exercise and cardio machines
- Greens fees and shuttle to nearby golf course
- Tennis courts and tennis instruction
- Water aerobics
- Beach volleyball

### **Couples Sans Souci**

- 24-hour fitness center with indoor gym including aerobics equipment, exercise machines and free weights
- Specialty fitness classes: aerobics, yoga, aquacize, pilates and meditation
- Mineral pool
- Personal trainers
- Greens fees and shuttle to nearby golf course
- Tennis courts and tennis instruction
- Water aerobics
- Beach volleyball