

Four Seasons Costa Rica Sample Weekly Group Activities

Enjoy our resort activities, planned just for you. Many are complimentary, some have small fees. Advanced reservations are highly encouraged to ensure a space for you. All activities have reduced capacity by 50% to maintain physical distancing.

MONDAY

- 7:45-8:45 Vinyasa Flow Yoga | Spa (\$25)
- 8:00-9:00 Paddleboard Tour for Beginners* | Blanca Beach
- 8:30-10:30 Play with the Pro* | Golf Course (\$175)
- 10:00-11:30 Mangrove Walk* | Lobby
- 10:30-11:30 Body Weight Workout | Spa (\$25)
- 11:00-12:00 Drill Workout Clinic* | Tennis (\$100)
- 11:00-12:00 Coffee Class* | Pesce
- 1:30-3:00 Trail of the Giants* | Spa Lobby
- 2:00-3:00 Beach Volleyball | Blanca Beach
- 3:00-4:30 Adventure Cycling Tour* | Lobby
- 4:00-4:45 Sound Healing Workshop | Spa (\$25)
- 4:00-5:00 Rum & Chocolate Tasting* | San Vito
- 7:00-7:45 Stargazing in Paradise* | Lobby

TUESDAY

- 7:45-8:30 Spinning | Spa (\$25)
- 8:00-9:30 Monkey Head Kayak Tour* | Blanca Beach
- 9:15-10:00 H.I.I.T | Spa (\$25)
- 10:00-11:00 Full Swing Golf Clinic* | Driving Range
- 10:00-11:30 Guided Nature Hike* | Blanca Beach
- 10:30-11:30 Stretch & Restore | Spa (\$25)
- 11:00-12:00 Cardio Tennis* | Tennis Courts (\$100)
- 12:30-1:30 Cooking Demonstration* | Bahia Kitchen
- 1:30-3:00 Trail of the Giants* | Spa Lobby
- 1:30-2:30 Wildlife Lectures* | La Reserva
- 2:00-3:30 Chocolate Workshop* | Lobby (\$60)
- 3:00-4:00 Beach Soccer | Blanca Beach
- 4:00-4:45 How to Reduce Stress | Spa (\$25)
- 4:00-5:00 Enology Class* | San Vito

WEDNESDAY

- 6:20-8:20 Bird-watching & Photography* | Lobby (\$45)
- 7:45-8:45 Advanced Yoga | Spa (\$25)
- 8:00-9:00 Snorkeling Exploration* | Blanca Beach
- 8:30-10:30 Play with the Pro* | Golf Course (\$175)
- 9:15-10:15 Body Weight Workout | Spa (\$25)
- 10:00-11:30 Stand-Up Paddleboard Tour* | Blanca Beach
- 10:30-11:30 Pilates | Spa (\$25)
- 11:00-12:00 Tennis Doubles Strategy* | Tennis (\$100)
- 1:30-3:00 Trail of the Giants* | Spa Lobby
- 2:00-3:30 Mangrove Walk* | Lobby
- 2:00-3:30 Guaitil Pottery Workshop* | Lobby (\$80)
- 4:00-4:45 YOGA4ALL | Spa (\$25)
- 4:00-5:00 Pickleball Tournament* | Teen Center
- 4:00-5:00 Infused Rum Tasting* | San Vito

THURSDAY

- 7:45-8:30 Spinning | Spa (\$25)
- 8:00-9:30 Adventure Cycling Tour* | Lobby
- 9:15-10:00 H.I.I.T | Spa (\$25)
- 10:30-11:30 Stretch & Restore | Spa (\$25)
- 10:00-11:00 Short Game Golf Clinic* | Driving Range
- 10:30-11:30 Snorkeling Exploration* | Blanca Beach
- 11:00-12:00 Coffee Class* | Pesce
- 11:00-12:00 Groundstrokes Tennis Clinic* | Tennis (\$100)
- 12:30-1:00 Catch of the Day | Bahia Pool
- 1:30-3:00 Trail of the Giants* | Spa Lobby
- 2:00-3:00 Latin Dance Class* | Lobby
- 4:00-4:45 How to Make Your Own Scrub | Spa (\$25)
- 4:00-5:00 Rum & Chocolate Tasting* | San Vito

FRIDAY

- 7:45-8:30 YOGA4ALL | Spa (\$25)
- 7:45-10:00 Nacascolo Beach Kayak Tour* | Blanca Beach
- 8:30-10:30 Safari Nature Ride* | Lobby (\$55)
- 9:15-10:15 Body Weight Workout | Spa (\$25)
- 10:30-11:30 Pilates | Spa (\$25)
- 10:30-11:30 Snorkeling Exploration* | Blanca Beach
- 11:00-12:00 Drill Workout Clinic* | Tennis (\$100)
- 12:30-1:30 Cooking Demonstration* | Bahia Kitchen
- 1:30-3:00 Trail of the Giants* | Spa Lobby
- 2:00-3:30 Mangrove Walk* | Lobby
- 3:00-4:00 Beach Volleyball | Blanca Beach
- 4:00-4:45 Sound Healing Workshop | Spa (\$25)
- 4:00-5:00 Enology Class* | San Vito

SATURDAY

- 7:45-8:45 Pura Vista Climb | Spa (\$25)
- 8:00-10:00 Kayaking + Snorkeling Tour* | Blanca Beach
- 8:30-10:30 Play with the Pro* | Golf Course (\$175)
- 9:15-10:00 H.I.I.T | Spa (\$25)
- 10:00-11:30 Guided Nature Hike* | Blanca Beach
- 10:30-11:30 Yoga-Barre | Spa (\$25)
- 11:00-12:00 Coffee Class* | Pesce
- 1:30-3:00 Trail of the Giants* | Spa Lobby
- 3:00-4:00 Kayaking Tour for Beginners* | Blanca Beach
- 4:00-4:45 How to Meditate Workshop | Spa (\$25)
- 4:00-5:00 Mixology Class* | San Vito
- 7:00-7:45 S'mores Night* | Blanca Beach

SUNDAY

- 7:45-8:30 Spinning | Spa (\$25)
- 8:00-9:30 Jicaró Beach Kayak Tour* | Blanca Beach
- 9:15-10:15 Slow Flow Yoga | Spa (\$25)
- 10:00-11:00 Snorkeling Exploration* | Blanca Beach
- 10:30-11:30 Pilates | Spa (\$25)
- 12:30-1:00 Catch of the Day | Bahia Pool
- 1:30-3:00 Trail of the Giants* | Spa Lobby
- 2:00-3:00 Latin Dance Class* | Lobby
- 4:00-4:45 Introduction to a Cacao Ceremony | Spa (\$25)
- 4:00-5:00 Beer Class* | San Vito

Applies Dec 19th - Jan 2nd
*Reservations are required
Price is per person. Please contact Concierge at
Ext. 4433 - 4434 or chat with us on the APP

Feeling Social?
Share your photos by using our
geotag and mention @fscostarica
for the chance to see your photos on our channels
#FSCostaRica #FSPuraVida



it's 4 a.m., but can i get breakfast?

Of course. Sweet or Savoury?



NEED ANYTHING?
LET'S CHAT.



Text us on WhatsApp
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