

Bonaire Wellness Month

Program Schedule

1 – 29 June, 2008

Outdoor Programs – Core Training – Healthy Back

Sunday

6:30pm

Mondays

6:15 – 7:30am

5:00 – 6:30pm

6:00 – 7:00pm

Tuesdays

6:15 – 7:30am

8:00 – 9:00am

5:00 – 6:30pm

6:00 – 7:00pm

Wednesdays

6:15 – 7:30am

5:00 – 6:30pm

6:00 – 7:00pm

Thursdays

6:15 – 7:30am

8:00 – 9:30am

5:00 – 6:30pm

6:00 – 7:00pm

Fridays

8:00 – 9:00am

Saturdays

8:00 – 9:00am

10.30 – 11 am

5:00 – 6:30pm

Sundays

4:00 – 5:00pm

Sunday

5:30pm

June 1 – Bonaire Wellness Month Opening

Location: Eden Beach Resort

June 2, 9, 16, 23

Mountain Bike Ride (For riders of all levels) starting from Eden Beach [Miguel]*

Hiking. Starting from Eden Beach Resort [Elsmarie]

LECTURE: Healthy Lifestyle. Location: Bon Fysio Therapy Center [Robert]**

June 3, 10, 17, 24

Mountain Bike Ride (For advanced riders) starting from Eden Beach [Miguel]*

Fun Swim & Snorkeling. Location: Eden Beach Resort [Miguel]

Mountain Bike Ride (For riders of all levels) [Miguel]*

Health Check Up. Location: Bon Fysio Therapy Center [Bon Fysio Team]

June 4, 11, 18, 25

Mountain Bike Ride (For riders of all levels) starting from Eden Beach [Miguel]*

Hiking Starting from Eden Beach Resort [Elsmarie]

Workouts for Supreme Core Stability at BWC Fitness Center [Miguel]

June 5, 12, 19, 26

Mountain Bike Ride (For advanced riders) starting from Eden Beach [Miguel]*

Hiking. Starting from Eden Beach Resort [Miguel]

Mountain Bike Ride (For riders of all levels) [Miguel]*

Health Check Up. Location: Bon Fysio Therapy Center [Bon Fysio Team]

June 6, 13, 20, 27

Fun Swim & Snorkeling. Location: Eden Beach Resort [Miguel]

June 7, 14, 21, 28

Running Clinic starting from Bon Fysio Therapy Center [Robert & Marjolein]

LECTURE: Back Injuries and Prevention. Location: Bon Fysio Therapy Center [Paul]**

Mountain Biking Ride (For riders of all levels) [Miguel]*

June 15, 22, 29

Fun Swim & Snorkeling. Location: Eden Beach Resort [Miguel]

June 29 Bonaire Wellness Month Closing Ceremony + Party

Location: Eden Beach Resort



* Mountain Bike Rides do not include the bicycle nor accessories. Participants could rent a mountain bike at BWC. **Lectures will be held during week 1 and 3 in Papiamentu the first half hour and in Dutch the other half hour; week 2 and 4 in Papiamentu the first half hour and in English the other half hour. **Please register in advance for lectures by email or telephone; places are limited.** **Participation Fee:** all programs are free except Mountain Bike Race, Jong Bonaire's Fundraising Triathlon and the Kayak Tour around Klein Bonaire. **Notice:** Signing the BWM's waiver is required.