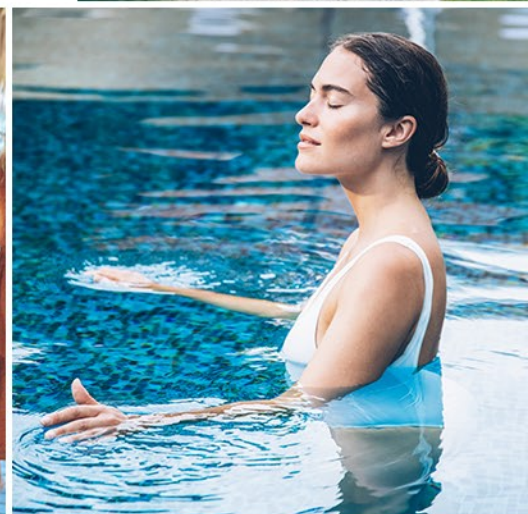


Aliveness



Reconnect with your inner and outer nature

Sometimes you need to leave it all behind to get back to the basics. For the mind and body, Iberostar **Aliveness** concept invites you to disconnect from your day-to-day and reconnect with yourself, your loved ones and the environment around you.

- Guests can discover new aspects of themselves with activities such as sunrise and sunset beach walks, social hours and local cuisine cooking workshops.
- Our upscale health clubs called **Fit and Fun centers**, provide state-of-the-art equipment and over 40 classes including Crossfit, Spinning and beach yoga.
- **Aliveness** is part of the all-inclusive luxury experience at all Iberostar resorts in Mexico, Jamaica and the Dominican Republic.

Book through your favorite tour operator, call 888-923-2722, or visit IBEROSTARPRO.COM
Visit IBEROSTARAGENTS.COM to learn more and find the latest promotions and updates.

