



BODHI TREE

— YOGA RESORT —

# GYM

ACCESS TO FREE WEIGHTS 5LB TO 100LB  
SUSPENSION TRAINING RESISTANCE BANDS KETTLEBELLS  
TREADMILLS SQUAT RACKS ELLIPTICAL BENCH PRESS  
STATIONARY BIKE MEDICINE BALLS 10 LBS TO 20 LBS  
TWO HEAVY BAGS MITS AND GLOVES



OPEN  
6am to 8pm

Whether you are an experienced athlete, looking to take your yoga or surfing to the next level, or just want to break a sweat, the Bodhi Tree Fitness Facility can accommodate and challenge you. The combination of strength, power, flexibility, stamina, and endurance will help you not only look better, but also feel better. Bodhi Tree offers a new dimension in the form of a functional fitness facility that can be utilized in perfect harmony with the rest of our body & mind wellness modalities.



Daily drop in passes, weekly or monthly memberships available.

For more information:  
[frontdesk@bodhitreeyogaresort.com](mailto:frontdesk@bodhitreeyogaresort.com)