

Club Med vacations offer an array of activities that help guests achieve the active lifestyle they have been seeking. At Club Med Columbus Isle, we invite you to take part in the activities you love while discovering new activities you never thought to try. Below is a list of our many activities that we invite you to partake in and the approximate number of calories you will burn in an hour and the muscles worked.

<b>Activity</b>	<b>Muscles Worked</b>	<b>Calories*</b>
Archery	Shoulders, neck, back, chest, upper and lower arms	302
Basketball	Cardiovascular system, shoulders, back, arms, core muscles, groin, legs	691
Canoeing	Cardiovascular system, shoulders, back, arms, core muscles	1036
Dancing	Cardiovascular system, shoulders, neck, back, chest, arms, core muscles pelvis, hips, legs	605
Fishing	Shoulders, back, arms, legs	259
Kayaking	Cardiovascular system, shoulders, back, arms, core muscles, legs	432
Ping Pong	Shoulders, arms, back, legs	345
Sailing	Cardiovascular system, shoulders, back, chest, arms, core muscles, legs	432
Scuba Diving	Cardiovascular system, arms, core muscles, legs	605
Snorkeling	Cardiovascular system, arms, core muscles, legs	432
Swimming	Cardiovascular system and total body workout	864
Tennis	Cardiovascular system, shoulders, neck, back, chest, arms, core muscles, groin, hips, legs	605
Volleyball	Cardiovascular system, arms, core muscles, legs	345
Water Aerobics	Cardiovascular system, shoulders, neck, back, chest, arms, core muscles, hips, legs	345
Waterskiing & Wakeboarding	Cardiovascular system, shoulders, neck, back, chest, arms, core muscles, hips, groin, legs	518
Weightlifting	Muscles worked depend on activity	259
Windsurfing	Cardiovascular system, shoulders, back, chest, arms, core muscles, legs	259

\*Calories burned based on 190 pound male or female and one hour of activity.

Refined, generous and personalized, a Club Med vacation at any of our 80 resorts in more than 25 countries, guarantees life long memories. With attention to every detail, Club Med offers activities from award-winning Children's Clubs and luxurious spa treatments to expert instruction in sports with top of the line equipment. Throughout the experience, guests personalize their vacation with an array of choices including luxury room categories, convenient travel arrangements, international cuisine, flexible dining times and exciting entertainment options. Call 1-800-CLUB MED for reservations.