

# **MOTIVATIONAL FITNESS AND** **SPANISH BASIC IMMERSION PROGRAM**

CCFA works with CISA, the Christian Immersion Spanish Academy, <http://www.cisacostarica.com> by providing clients with a unique \*4 week experience that combines doing fitness and learning Spanish.

After receiving Personal Training classes at the local gym, clients will then have a chance to learn Spanish at CISA.

This program is ideal for all those looking for a multi-range experience that includes being physically active, learning a language and living within a different culture. The program is open to participants of all fitness levels, as well as to all levels of Spanish learners.

**The 4 week Program includes:**



## **CCFA – MOTIVATIONAL FITNESS PROGRAM**

- **4 HOURLY PERSONAL TRAINING SESSIONS PER WEEK**
- **INITIAL BODY PERFORMANCE CHECK**
- **WEEKLY ASSESSMENTS**
- **WEEKLY MEAL PLANS (OPTIONAL)**
- **1 HR WEEKLY RECUPERATION MASSAGE**
- **30 MIN WEEKLY SAUNA SESSION**
- **GYM MEMBERSHIP**
- **CERTIFICATE**



## **CISA SPANISH LANGUAGE SCHOOL** **BASIC IMMERSION EXPERIENCE**

- **64 HOURS OF SPANISH INSTRUCTION OVER 4 WEEKS**
- **7 NIGHTS HOMESTAY PER WEEK (INCLUDES BREAKFAST, DINNER & LAUNDRY) LUNCH IS EXTRA**
- **ORIENTATION CLASS**
- **TURRIALBA TOUR**
- **SPANISH DIAGNOSTIC TEST**
- **1 HOUR / WEEK PRIVATE PROGRESS CHECK**
- **VOLUNTEER GUIDANCE**
- **SPANISH ASSESSMENT TEST & RECOMMENDATION REPORT**
- **WIRELESS INTERNET ACCESS**
- **MATERIALS & CERTIFICATE**
- **PROGRAM COORDINATOR GUIDANCE**
- **AIRPORT PICK UP AND DROP OFF**
- **REGISTRATION**

**\*The number of weeks can be adjusted as requested.**