

Ugrou
WELLNESS EXPERIENCES

AARMY



HOTEL
XCARET
ARTE

rodi
cycle

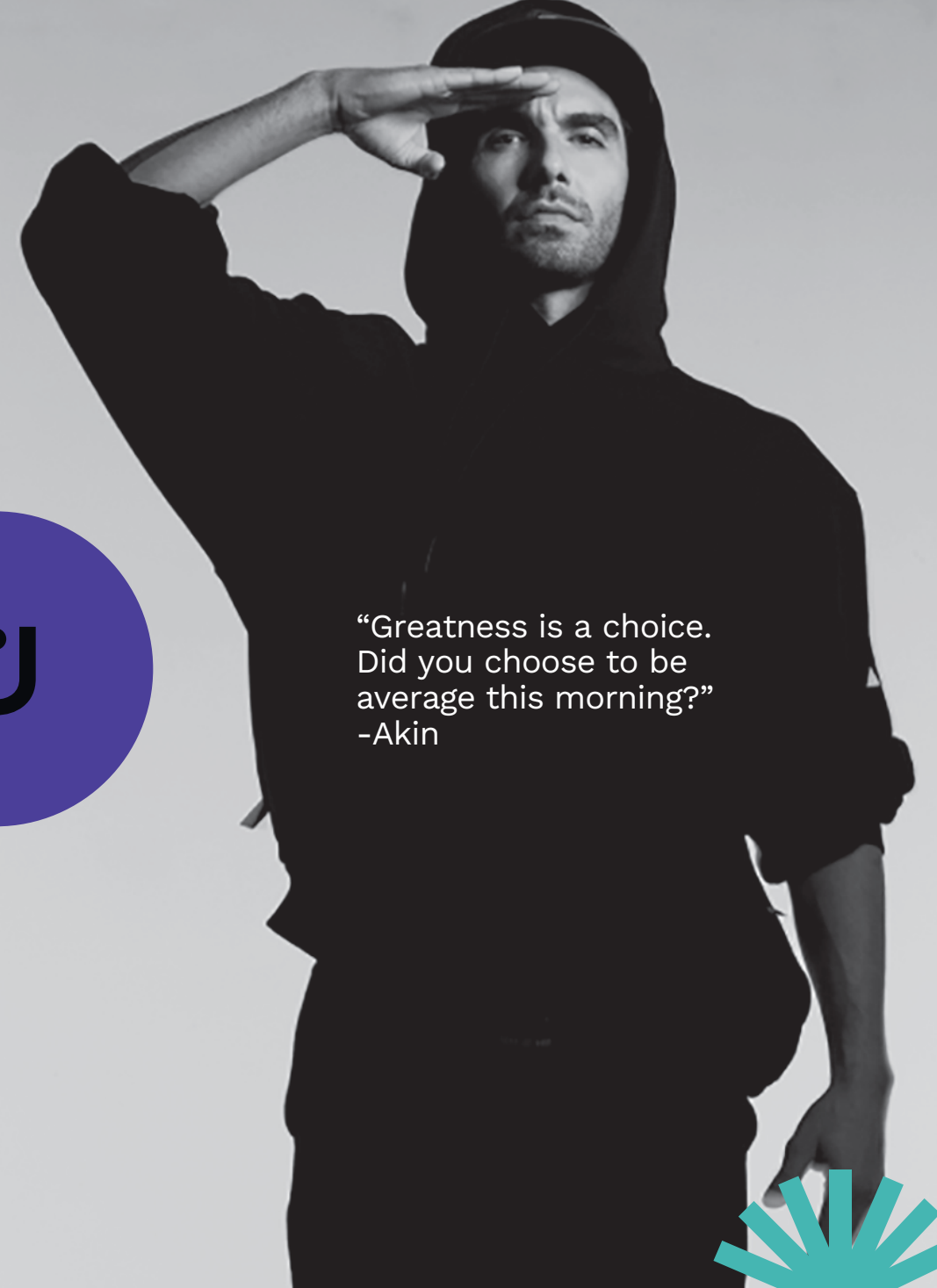
 lululemon

Welcome to The ARMY Xperience with AKIN AKMAN

by **Ugrou** at  **HOTEL
XCARET
ARTE** and **rodvi**
WELLNESS EXPERIENCES cycle



“Greatness is a choice.
Did you choose to be
average this morning?”
-Akin

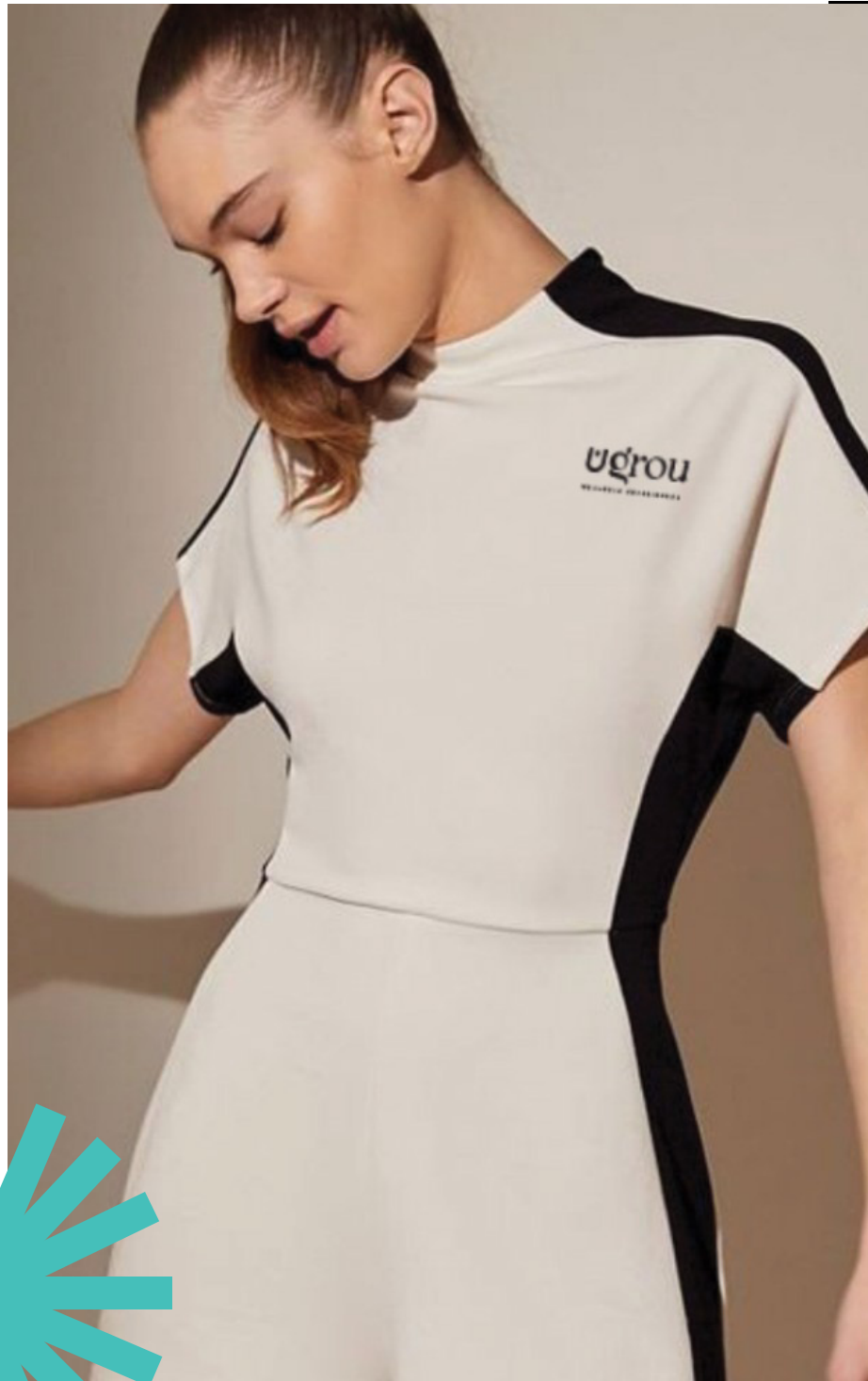


The journey begins now...

We are grateful for your presence in this once in a life-time event. This chapter will usher the way for new discoveries in your wellness path.

We cannot wait to welcome Û!
Best regards,
The ÛGrou Team.

See Û soon!



enhance
Ûrself



The AARMY Xperience by Ugrou at



ITINERARY AUGUST 31 TO SEPTEMBER 3 - 2023

NOTE: ALL OUR ITINERARY CLASSES WILL BE GIVEN BY THE AARMY COACH AKIN AKMAN

DAY 01

THURSDAY

3:00 PM
Check-in hotel /
Guest registration

6:00 PM
Dinner / Show
"México
Espectacular" at
Gran Tlachco,
Parque Xcaret

NOTE:
Transfer
Airport-Hotel
is included for FREE
Prior reservation

Important: RSVP
your transfer at least
20 days before
your arrival through our
Whatsapp or email.

DAY 02

FRIDAY

7:00 AM - 8:30 AM
Breakfast before Class
(Optional)

9:00 AM - 10:00 AM
Bootcamp @CALETA

10:00 AM - 11:30 AM
Breakfast @ARENA

1:30 PM - 3:30 PM
Vegan Masterclass / Lunch /
Chef Miguel Bautista

6:30 PM
Sunset Ride @FORO
DE LA MÚSICA

8:00 PM
Free Dining

DAY 03

SATURDAY

6:00 AM - 8:00 AM
Breakfast before class
(Optional)

8:30 AM - 9:30 AM
Bootcamp @EXPLANADA
FORO DE LA MÚSICA

10:00 AM - 11:00 AM
Cycling class @FORO
DE LA MÚSICA

11:30 AM
Free - Optional
Packages: Xcaret, Xplor,
Xailing, Xenotes..
(Prior reservation)

6:00 PM
Rodé Meditation
by @alezaca__

8:30 PM
Free Dining / Drinks
Night (Optional)

DAY 04

SUNDAY

6:00 AM - 9:30 AM
Breakfast before class
(Optional)

10:00 AM - 11:15 AM Cycling /
Stretching and final
Meditation Goodbye Class
@FORO DE LA MÚSICA

1:00 PM Check-out / Day off

NOTE:
Transfer Hotel- Airport is included
for FREE Prior reservation

Important: RSVP your transfer at
least 20 days before your arrival
through our Whatsapp or email.

Ugrou
WELLNESS EXPERIENCES

U are
amazing

U
can
do
it.

U



Our Host

Akin Akman

Co-Founder & Chief Fitness Officer of AARMY.

Considered #1 Coach in the fitness world.

Lululemon Global Ambassador.

Athlete and tennis player since 7.

Creator of the AARMY method, based on an athlete training class with the philosophy of teamwork and motivation, drawing strength and the best from each person with attainable goals day after day.

AARMY





Venue

Hotel Xcaret Arte, is the ideal scenery to feel, connect with mind body and soul through mexican art.



Your Xperience

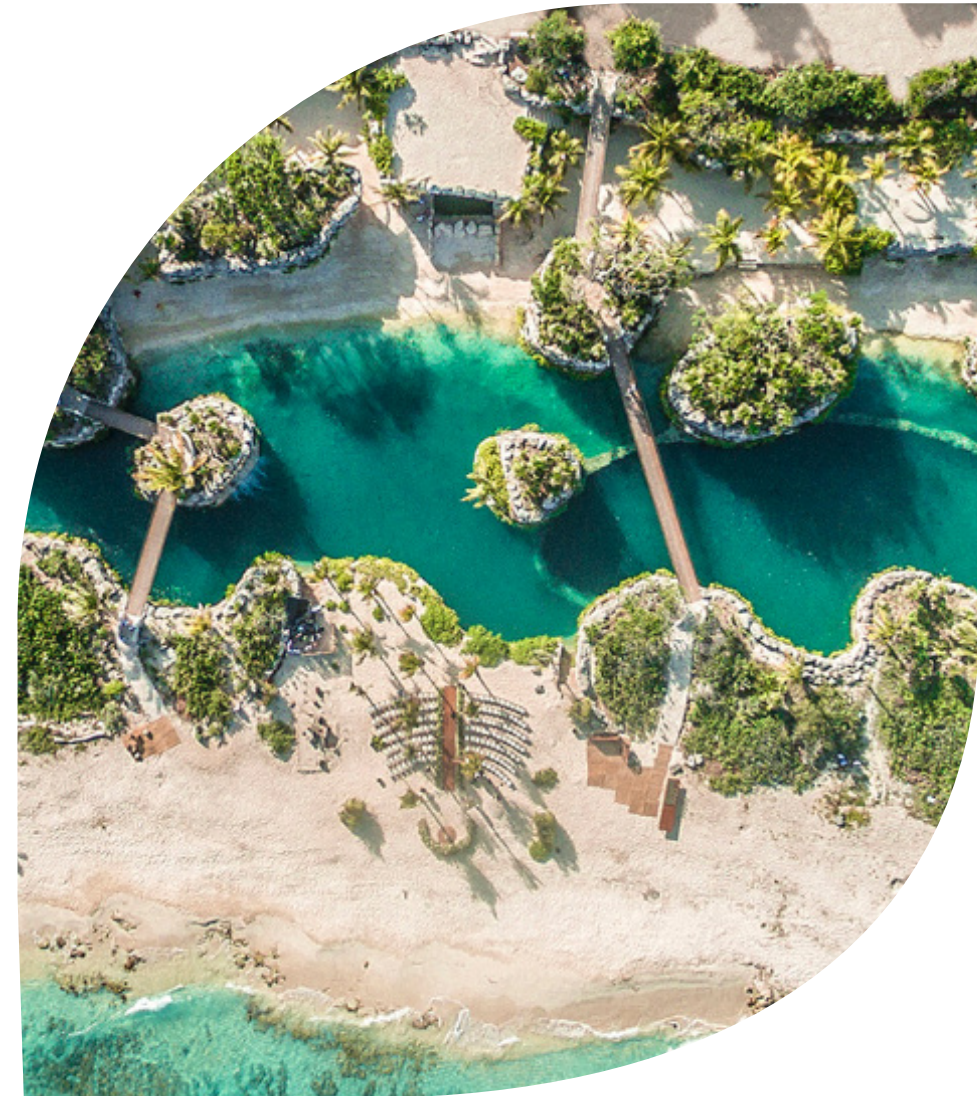


To maximize your experiences in this unforgettable immersive journey, let us provide you some tips to ease your experiences and adventures at Hotel Xcaret Arte.

The wristband provided upon your arrival is the key to your suite, your access to the parks and the possibility of making extra charges if you have previously opened a credit line. Do not remove it before the end of your journey. As your device works with a proximity sensor, bring it near the reader at the door of your suite or at the exclusive accesses in Casa de los Artistas. It also features a sensor linked to the photo spots at the hotel and at the parks (except Dolphins). To take a photo, bring it close to the symbols.

If there is anything you need, please call the Operator / Everything Flows.

[Click here to download more Hotel Info](#)





About your suite

RIVER SUITE

Your stay will be colored with bright shades due to the reflection of the sun over our emerald color river. The sound of the running water will be music to your ears.

River view

60 m2 | 645.8 ft2

Maximum capacity up to 2 adults

Shuttle airport - hotel - airport included prior reservation / Please RSVP with our team via Whatsapp or email.

[Click here to see more info about your Suite](#)

Suite

PREMIUM AMENITIES & ACOMMODATION

1 King bed or 2 queen beds
Work desk with lamp
Mexican decoration/ Nestle lamp
Premium organic amenities
Pullout sof  with coffee table
Pre-manufactured Jacuzzi in the room
Air conditioning
All included minibar and snack basket
Nespresso  coffee machine/ tea
Dining room for two people
300 thread Egyptian cotton sheets
Duvet of false feather supporting sustainability
Gel and false feather pillows
Pillow menu
Dresser with bench
Big and illuminated closet
Steam iron and ironing board
Digital safe box with inner laptop size charger
Umbrella
Beach bag
Luggage storage
Traditional Mexican hammocks in the balcony
Individual balcony with reading
Internet WIFI
digital cordless phone
HD flat screen with IPTV signal
Vanity bar with sink and drawers
Toilet with telephone
Ceramic dryer
Rain shower
Phone shower

Services

ON YOUR STAY YOU CAN ENJOY:

Daily activities for adults and young people over 16 years old

Water activities in the river:
kayak and paddle board

Sundown service

Access to the main gym 24 h

Private pick up (\$)

Concierge services

Pool Concierge Services

Early Check-In y Late Check-Out

Pay movies (\$)

Pre contact by your Guest

Service Manager

All-Fun Inclusive  

ULTIMITED ACCESS:

Food and drinks included in all restaurants, except Xaak (\$) and Kibi-Kibi (exclusively for Casa de los Artistas guests)

Unlimited access to all our parks and tours:
Xcaret, Xel-H , Xplor, Xplor Fuego, Xavage, Xenses, Xoximilco, Xenotes and Sailing Catamaran.

Ferry ticket to Isla Mujeres on a round trip plus transportation service to El Embarcadero Isla Mujeres by Xcaret in the Hotel Zone of Cancun. Xich n Deluxe Tour (\$) and Sunset Catamaran Tours (\$): Xunset Party and Xunset Lovers.

Art workshops: Textile, Painting (exclusively for guests of Casa de los Artistas), Pottery and Latin Dance

Round trip transportation from Cancun International Airport (CUN).
(Exclusive service for guests with confirmed arrival at the Cancun airport on the day of check-in at the hotel).

Transportation to Xcaret, Xplor, Xplor Fuego and Xenses every 30 minutes

Transportation included to the rest of the parks and tours. Under reservation.

NOTE: Any extra service (\$) or item ordered at the hotel will be covered by the participant.





Culinary Art

10 gastronomic experiences and mixology by the best gastronomic group in the country made up of true flavor artists. Kibi-kibi exclusive only for Casa Artistas. Xak (\$)

IMPORTANT: Prior reservation required with Concierge.

[Click here to download more Restaurants Info](#)

XAK

Tasting menu designed by chefs Roberto Solís, Franco Maddalozzo, Paco Méndez, Jonatan Gómez Luna and Alejandro Ruiz. The experience is complemented by the pairing of the multi-award-winning sommelier Sandra Fernández. 5 flavor artists, 1 single experience.(\$)

Encanta
MÉXICO CANTA

Signature restaurant of Chef Paco Méndez, Michelin Star chef, who exalts Mexico from Barcelona to the Caribbean.

CANTINA
VL.AI.PY.
por Alejandro Ruiz

Oaxacan cantina by Chef Alejandro Ruiz, most important spokesperson of the culinary culture of that southern state.

MERCADO
SAN JUAN

Flavors of the towns of Mexico.

CHIZ
PFRAN

Fun and sophisticated culinary embrace of these two cultures by Chef Jonatan Gómez Luna, leader of a new generation of chefs who have conquered the great tables of the world.

arenal

Contemporary Japanese restaurant by Chef Luis Arzapalo exposing the best of oriental gastronomic art.

TAH-XIDO

Contemporary Japanese restaurant by Chef Luis Arzapalo exposing the best of oriental gastronomic art.

CAYUCO

Cuisine of Mediterranean-Mexican flavors by Chef Franco Maddalozzo, an Italian celebrity who works magic with his globetrotting

KIBI KIBI

Yucatecan and Lebanese cuisine by the renowned international Chef Roberto Solís, a gastronomic reference in his native Yucatan.

ARPAKHO

The best of vegan cuisine in our 100% plant-based restaurant.





**Mystical sanctuary nestled in natural rock.
Allow nature and the latest in wellness technology
to embrace your body and soul. Enjoy the peace
that is found in balance.**

Facilities

Waiting room

Alchemist's Hall

Hydrotherapy Ritual: sauna, steam room, hot
jacuzzi, cold jacuzzi, sensation showers,
cold room and leisure pool overlooking the river

4 offices

24 massage cabins in natural caves

Flotarium: mud rooms and salt rooms

Temazcal

Relaxation area

Esthetic

Bridal suite

Dressing rooms

Service not included*

Open from 9:00 a.m. to 8:00 p.m.

Last service: 6:00 p.m.

[Clic here for more info about Muluk Spa](#)



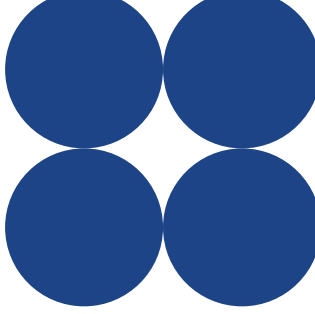


Parks & Tours

Unlimited access to all our parks: Xcaret, Xel-Há, Xplor, Xplor Fuego, Xavage, Xenses, Xoximilco and Xenotes.
IMPORTANT: Prior Reservation needed with your Hotel Concierge.

[Click here to download more Parks info](#)





YOUR STAY ALSO INCLUDES:

Transportation to Xcaret, Xplor, Xplor Fuego and Xenses every 30 minutes.
Transportation included to the rest of the parks.
Under reservation.

Round-trip Ferry ticket to Isla Mujeres plus transportation service to El Embarcadero Isla Mujeres by Xcaret in the Cancun Hotel Zone.

NOTE: Any extra service at the Parks (\$) will be covered by the participant.

TERMS AND CONDITIONS

HOTEL POLICIES

- The hotel will request the official identification of each participant at check-in.
- The hotel will request a credit card from each client at the time of check-in to guarantee the possible extras generated during the stay.
- Any additional charge for room rental, extras, miscellaneous, food or beverages not included must be paid before departure.
- The rates established herein include Value Tax Added (VAT).
- Rates include taxes of 5% (five percent) of lodging tax plus services. Taxes are subject to change according to the laws governmental regulations applicable at the time the program is carried out.
- Check-in time: 3:00 p.m. / Check-out time: 12:00 p.m.

CANCELLATION POLICIES / NO SHOW UPS.

- In case of early departure by one of the participants or no show up: The hotel will apply a penalty equivalent to the total of the stay at the agreed rate and MUST BE COVERED BY THE CLIENT.

ROOM SHARING

- If you choose to share a room and you don't have a specific person please contact us and we'll be happy to help you find someone to pair you up with!

CANCELLATIONS

- Unfortunately, we are not able to issue refunds for travel once it is booked. You can, however, transfer an unredeemed voucher to a recipient of your choice.

PAYMENTS IN CASH OR BY TRANSFER

- If you prefer to make your payment in cash or by transfer, let us know by mail or whatsapp and we will gladly provide you with the bank information so that you can make your direct payment in Mexican Pesos.
- Currency exchange will be taken at the exchange rate of the day of purchase.

THE "ALL-FUN INCLUSIVE@" PLAN OFFERS

- Room, Breakfast, lunch and dinner in specialty bars or à la carte in the centers of consumption and regular operating hours of the Hotel **

- Hotel's open bar with national and imported drinks inside the bars and restaurants during the regular operation hours of the Hotel **
- Mini-bar (soft drinks, beers and bottles of water), assorted daily.
- Hotel Xcaret Mexico offers its "ALL-FUN INCLUSIVE@" Plan that redefines the traditional all-inclusive and makes it a much more complete experience, where we offer our Guests, the UNLIMITED Access to all Grupo Xcaret Parks and Tours (Xcaret, Xel-Ha, Xenses, Xplor, Xplor Fuego, Xoximilco and Xichen Tours, Xel-Ha-Tulum and Xenotes), including food according to each plan in each park and tour. Free shared transportation, NOT personalized. (All Parks and Tours must be reserved with a minimum of 30 (thirty) days, the number of people per Park and day will be subject to the capacity and availability of them).
- Airport-Hotel-Airport Shuttle. (Requires reservation with a minimum of thirty days in advance). Shared service, NOT personalized or private for groups.
- Recreational and entertainment activities program at THE HOTEL for adults and children.

**NOTE: THE GROUP is confirmed based on the food-beverage role of THE HOTEL within the restaurants and bars available during regular operation hours. All additional food will generate a cost in Mexican Pesos, National Currency, per person. Any portion of the unused package is non-refundable and/or non-exchangeable for any other service. Surcharge applies for private events. Entertainment and theme nights, as well as special menus are available at an additional cost.

- In case of no-show for the tours (Xichen, Xenses, Xel-Ha, Xel -Há-Tulum, Xenotes, Xochimilco and Xavage) with a confirmed reservation, a penalty of \$25 USD per person will be applied AND MUST BE COVERED BY THE CLIENT.
- In case of the Xichen , the tour has an additional cost of \$33 USD per person for taxes of the Archeological Zone of Chichen Itza, AND MUST BE COVERED BY THE CLIENT

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GASTRONOMIC PORTFOLIO

- Hours and openings of restaurants and bars, are subject to change without prior notice.
- In case of no-show for the restaurant reservation with confirmed reservation, a penalty of \$25 USD per person will be applied, which will be covered by the client.




**Stay tuned for more surprises
about the event!**



Please contact us if you have any questions
or inquiries, we'll be happy to assist Û!

www.ugrou.mx

hola@ugrou.mx

 +52 (998) 7563 948

 [@ugrou.mx](https://www.instagram.com/ugrou.mx)

The background is a dark gray with a large, faint circle centered on the page. Various geometric shapes are scattered around the circle, including a square in the upper left, a sphere in the upper right, a star in the lower right, and several triangles and rectangles in the lower left and bottom center. The text "Thank U" is centered in the middle of the circle.

Thank U