

AMANERA

Thanksgiving Itinerary 2026



25 NOVEMBER 2026

Lower Body Earth Pulse

BEACH

FITNESS

9:00

Lower Body Earth Pulse is a grounding lower-body workout focused on building strength, stability and endurance. It targets the glutes, quads, hamstrings, calves and core through controlled, powerful movements that improve balance, mobility and functional fitness

Maximum of six guests

Cookie Decorating

BEACH

FAMILY

11:00

Young guests will have the opportunity to decorate delicious cookies with colorful icing, sprinkles and fun toppings. Guests can create their own tasty masterpiece while enjoying a fun-filled and engaging experience.

Suggested for children between five and 12 years old

Maximum of six guests

Beachside Massage

BEACH CABANAS

WELLNESS

12:30

Unwind and restore with our seven-minute Back Release Massage, a treatment designed to ease muscle tension, improve circulation and melt away stress held in the back, shoulders and neck.

Sunset Celebration

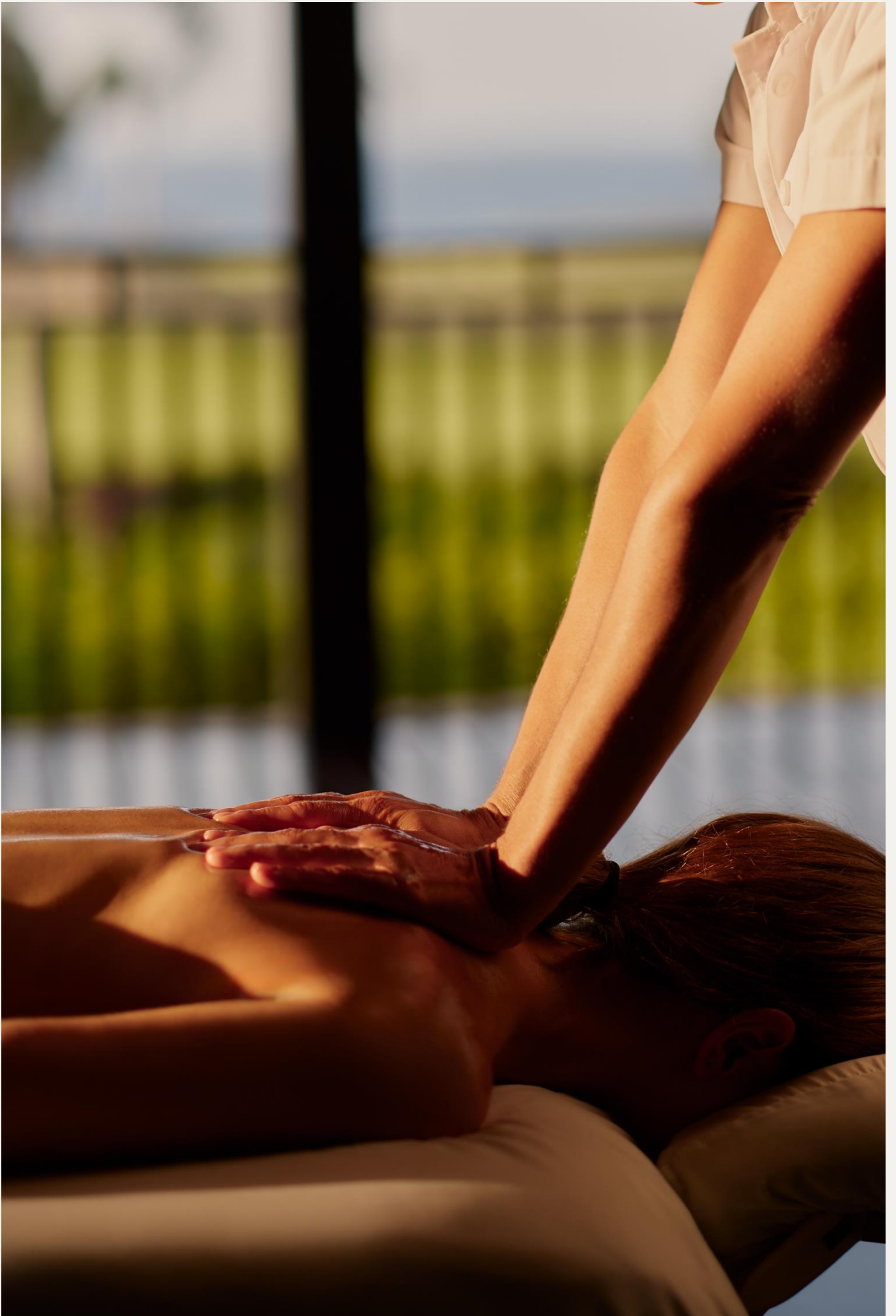
BEACH BAR

CULINARY

18:00

Settle into the Beach Bar at sunset, taking in the noteworthy views of Playa Grande Beach lapped by the turquoise ocean. Raise a glass to the day's blessings before sampling a selection of sweet local delicacies showcasing Dominican flavours and ingredients.

Charge upon consumption



26 NOVEMBER 2026

Strength & Movement

BEACH

FITNESS

9:00

An empowering session that challenges the entire body with a fusion of strength and cardio. Fuel your system with intensity and discipline, moving with strength beneath the rising light.

Maximum of six guests

Face Painting

BEACH

FAMILY

11:00

With a treasure hunt to look forward to, little ones will love getting in character as a pirate or friendly sea creature at this face-painting session.

Suggested for children between three and 12 years old

Maximum of six guests

Seafood Market

BEACH CLUB

CULINARY

12:00 - 16:00

Join us for a memorable shoreside meal of fresh, local dishes. This seafood feast includes succulent grilled prawns, fresh ceviche's and lobster tails, best enjoyed under the Caribbean sun with a refreshing cocktail in hand.

Charge upon consumption

Stress Relief Massage

BEACH CABANAS

WELLNESS

12:30

Release all the accumulated tension in your body with a quick shoulder balance massage soundtracked by the waves and the ocean breeze.

Thanksgiving Dinner

BEACH CLUB

CULINARY

19:00

Join us for a family style Thanksgiving feast; feet planted in the soft sand as laughter echoes around the bonfire. A local band completes the scene with laidback Dominican rhythms.

Charge upon consumption



27 NOVEMBER 2026

Cardio Pulse

BEACH

WELLNESS

9:00

An energising workout designed to elevate your heart rate, boost endurance and improve cardiovascular fitness. Through dynamic and fast movements, it helps increase stamina, burn calories and leave you feeling stronger, refreshed and revitalised.

Maximum of six guests

Local Spanish Class

BEACH

FAMILY

11:00

Join our fun Dominican Spanish Class. Children will learn basic Spanish words and phrases while discovering the vibrant culture of the Dominican Republic through interactive games, activities and engaging experiences.

Suggested for children between three and 12 years old

Maximum of six guests

Dominican Harvest Lunch

BEACH CLUB

CULINARY

12:00 – 16:00

Celebrate the spirit of gratitude with a relaxed farm-to-table lunch inspired by the Dominican Republic's seasonal harvest. Enjoy dishes prepared with locally sourced vegetables, fresh herbs, roasted meats and tropical fruits.

Charge upon consumption

Herb Compress Crafting

BEACH CABANAS

WELLNESS

12:30

Heated herbal compresses can ease muscular pain and other conditions when placed on affected areas and massaged. Create your own with local medicinal plants in this hands-on workshop.

28 NOVEMBER 2026

Functional Training

BEACH

FITNESS

9:00

A full-body workout focused on improving strength, mobility, balance and coordination through practical movement patterns. It enhances everyday performance by training the body to move efficiently, build stability and develop real-world strength.

Maximum of four guests

Mandala Moments

BEACH

FAMILY

11:00

A relaxing and creative activity where children can color beautiful mandala designs and express their imagination through art. Enjoy a peaceful experience filled with creativity, colors, and fun.

Suggested for children between three and 12 years old

Maximum of six guests

Joyful Hands Ritual

BEACH CABANAS

WELLNESS

12:30

Release all the accumulated tension in your body with a quick shoulder balance massage soundtracked by the waves and the ocean breeze.

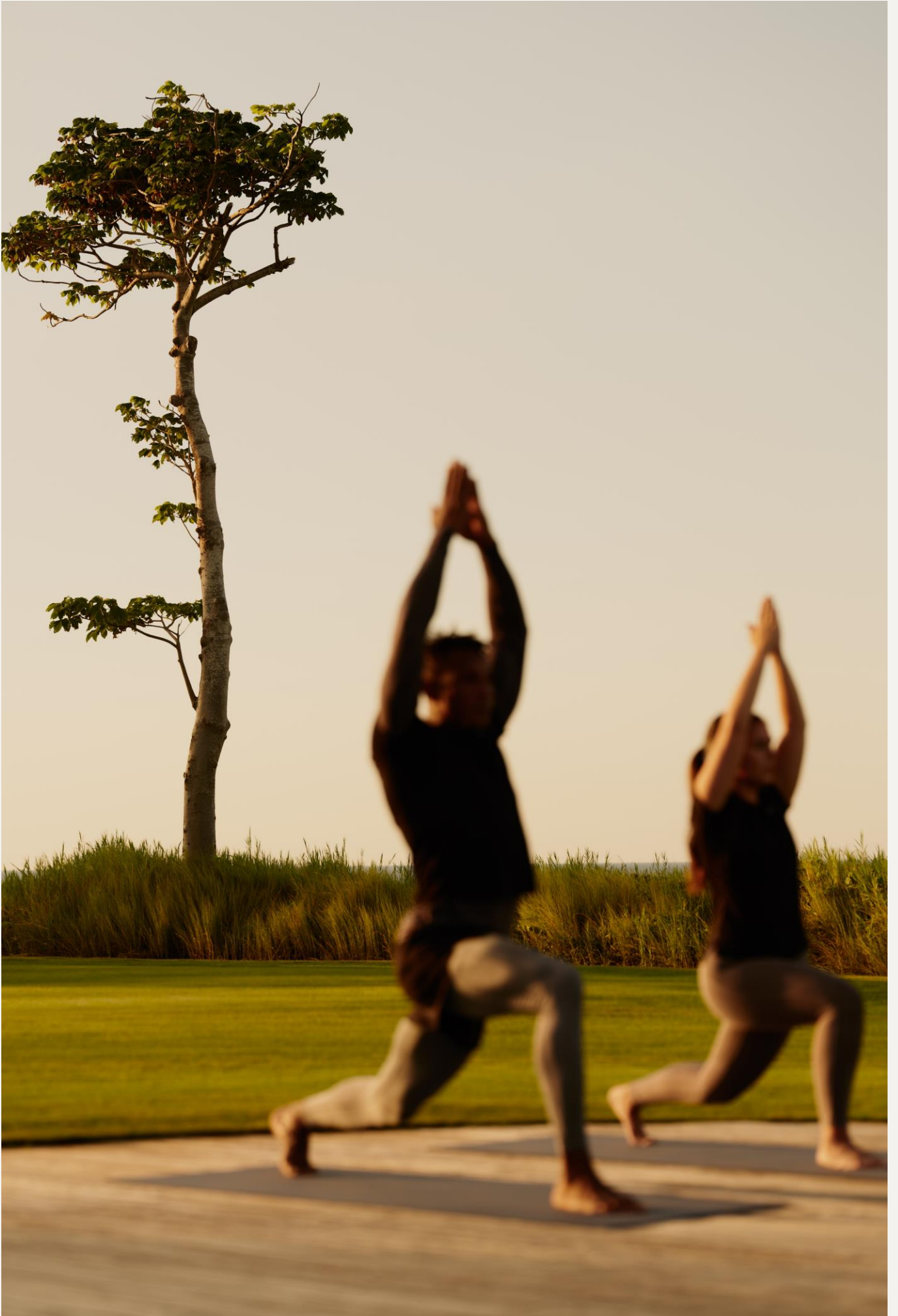
Caribbean
Barbecue

BEACH CLUB

CULINARY

19:00

A Caribbean-style barbecue featuring live cooking stations, a selection of grilled meats, flavourful local sides and traditional Dominican desserts. Accompanied by reggae and Caribbean music, this beachfront dinner celebrates the authentic flavors and spirit of the Caribbean.





A M A N E R A

Highway 5 Carretera Río San Juan – Cabrera
Río San Juan, Dominican Republic 33300

Tel: +1 809 589 2888
Email: amanera@aman.com