



# wellness weekend itinerary

OCTOBER 16 - 18, 2020 | REWIND. REJUVENATE. RELAX. REPEAT.

## friday

6 P.M. - 8 P.M. | WELCOME

Drinks & heavy hors d'oeuvres (dinner on own if interested) at l.d.

Overview of the weekend's activities with hotel representative

## saturday

8 A.M. - 9 A.M. | GRAB N' GO BREAKFAST at l.d.

8:30 A.M. - 9:30 A.M. | OPTIONAL MORNING ACTIVITY

OPTION 1 - Group yoga in the Cushing room

OPTION 2 - HIIT (high intensity interval training) class at Bark River CrossFit

OPTION 3 - Me time

10:30 A.M. - 12. P.M. | OPTIONAL WORKSHOP

OPTION 1 - "Balanced Living – Really? How?" with Life Coach, Pat Jones

OPTION 2 - Me time

12:30 P.M. - 1:30 P.M. | GROUP LUNCH at l.d.

2 P.M. - 3:30 P.M. | OPTIONAL AFTERNOON ACTIVITY

OPTION 1 - Guided hike at Lapham Peak (low & high intensity hikes available)

OPTION 2 - Cooking demo at l.d. with Chef Joe

OPTION 3 - Me time

3:30 P.M. - 5 P.M. | OPTIONAL FREE TIME

OPTION 1 - Follow-up session with Life Coach, Pat Jones

OPTION 2 - Downtown Shopping, a la cart In-Room Massage Service, Me time

5:30 P.M. - 6:30 P.M. | COCKTAIL/SOCIAL HOUR at l.d.

6:30 P.M. - 8:00 P.M. | GROUP DINNER at l.d.

## sunday

8:30 A.M. - 9:30 A.M. | YOGA at beFTINESS

10:00 A.M. | BRUNCH at l.d.

DEPART