

INSIDE OUT FITNESS RETREAT AGENDA

*Schedule subject to change, times are estimated! ☺

Friday, 5/14/10

- ♥ Check in 4 p.m.
- ♥ Welcome Reception 8:00-10:00 p.m.
(Appetizers & Cash Bar)
- ♥ Sleepy Time Stretch & Meditation 10:00-10:30

Saturday, 5/15/10

- ♥ Breakfast 7:00-8:30 a.m.
- ♥ ZUMBA-thon for Charity 9:30-11:00 a.m.
- ♥ Lunch – On your own (Shopping/Spa Time)
- ♥ Outdoor Walk (Weather permitting) 2:00-3:00 p.m.
 - ♥ Drums Alive/Kickboxing 3:15-5:00 p.m.
 - ♥ Dinner & Dance-a-thon 7:00-Midnight

Sunday, 5/16/10

- ♥ Breakfast 8:00-9:30 a.m.
- ♥ Closing Yoga Class 10:30-11:45 a.m.
 - ♥ Check Out 12:00 Noon

"We're about getting people to understand the roots of health. Health is more than getting fixed in the doctor's office. Health is a way of being alive"
-Robert F. Lehman