



INSIDE OUT FITNESS
PRESENTS OUR SECOND ANNUAL
FITNESS GET-AWAY & RETREAT!

WHEN? Friday, Saturday, & Sunday
May 14th, 15th, and 16th, 2009

WHERE? Treetops Resort, Gaylord, MI (www.treetops.com)

WHAT? Fabulous Fun, Fitness, Food & more!

HOW MUCH? Beautiful rooms for only \$92/night + tax (Double Occupancy)
Plus \$100 for Retreat expenses payable to *Inside Out Fitness*.
This includes a welcome reception, two breakfast meals, one
dinner party Saturday night, and ALL fitness classes!!

Free will donations for a charity will be accepted at the
ZUMBathon Workout Saturday morning!!



OPTIONAL "DANCE-A-THON" WITH MAGGIE!

Get on your dancin' shoes and happy feet and get ready to dance the night away! What better way to get a cardio workout in than hittin' the dance floor with all your friends? Join Maggie, the noted dance-a-holic, on Saturday night after the scheduled events for a fun night out "on the town"!!

FOR MORE INFORMATION

- ♥ E-mail Maggie@InsideOutFitness.net and get on our retreat e-mail list!
- ♥ Call Maggie @ 248-568-8034

TO REGISTER

- ♥ Call 1-888-TREETOPS to reserve your room ASAP!
Limited amount of rooms available!
- ♥ Check for \$100 payable to *Inside Out Fitness* **DUE BY APRIL 24th**
so that we can turn in a count for the food!