

INSIDE OUT FITNESS RETREAT AGENDA

Schedule subject to change, times are estimated! 😊

**Saturday classes will be at the Otsego County Sportsplex
(Directions will be provided-approximately 5.5 miles from resort)

Friday, 5/20/11

- ♥ Check in 4 p.m.
- ♥ Welcome Reception 7:00-9:00 p.m. (Appetizers & Cash Bar)
- ♥ Sleepy Time PJ Stretch & Meditation 9:30-10:00

Saturday, 5/21/11

- ♥ Breakfast 8:00-9:00 a.m.
- ♥ ZUMBA-thon, Flirty Girl, Drums Alive for Charity 9:55-12:00 noon **
 - ♥ Lunch – Optional lunch with group or on own
 - ♥ ZUMBA Master Class 3:00-4:30 p.m. **
- ♥ Social Hour, Dinner, & Dance-a-thon 6:30-Midnight

Sunday, 5/22/11

- ♥ Breakfast 8:00-9:00 a.m.
- ♥ Take a Hike 9:10-9:45 a.m. (Meet in Lobby of Resort)
- ♥ Yoga Melt Down 10:00-11:15 a.m. (Resort conference room)
 - ♥ Check Out 12:00 Noon
 - ♥ Spa time available-call ahead!!

*"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*