



INSIDE OUT FITNESS

PRESENTS OUR 3rd ANNUAL

FITNESS GET-AWAY & RETREAT!

WHEN? Friday, Saturday, & Sunday - May 20th, 21st, & 22nd

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

WHAT? Fabulous Fun, Fitness, Food & more!

COST? Beautiful rooms for only \$92/night + tax (Double Occupancy – block of rooms on hold at discount rate for individual call in!) Plus \$100 for Retreat expenses payable to *Inside Out Fitness*. This includes a welcome reception, two breakfast meals, sit down dinner, and ALL fitness classes!! Donations will be accepted for the charity ZUMBA-thon, Flirty Girl, & Drums Alive workout on 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 dinner for a fun night of dancing!!

Tentative Schedule of classes includes Friday night Sleepy Time Stretch & Meditation (pajamas highly recommended!), Saturday morning Charity Zumba-thon with Flirty Girl & Drums Alive workouts! Saturday afternoon Zumba Master Class! Sunday morning Take a Hike and Yoga Melt Down to complete your weekend! Also, golf, shopping, and Spa time available! Lots of choices! Call early to save your spa time!

TO REGISTER

- ♥ Call 1-888-TREETOPS (3867) to reserve your room **by April 19th!**
Rooms are limited at this discounted rate until April 19th!
- ♥ Check for \$100 payable to Inside Out Fitness due **by Friday May 6th, 2011**

FOR MORE INFORMATION

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