



# HEALTH + FITNESS WEEKEND

PRESENTED BY TAKEDOWN

## Friday

5—7pm  
9—11:59pm

**Welcome Reception** | Wilson Bay Deck | Group registration, welcome gifts, meet the instructors, bonfire, games, bar  
**Live Entertainment** | O'Madden Pub | 21+

## Saturday

7—10am  
7—7:45am  
7—7:45am  
8—8:45am  
8—8:45am  
9—9:45am  
9—9:45am  
10—10:45am  
10—10:45am  
10—10:45am  
11:30am—1pm  
2—2:45pm  
2—2:45pm  
3—3:45pm  
3—3:45pm  
4pm  
6pm  
8:30pm  
9—11:59pm

**Breakfast** | Fairways | Included for packaged guests (bring registration card)  
**Guided 5K Run** | **Mandy & Jess** | Meet outside of Pine Beach East Pro Shop in Madden Inn  
**Sunrise Yoga** | **Ellen** | Meet at Colonial Hall Monticello Room  
Season 1 Option A | **Barre** | **Michelle & Ellen** | Golf Villa A  
Season 1 Option B | **Beach Boot Camp** | **Jess & Mandy** | Wilson Bay Beach  
Season 2 Option A | **Nutrition Discussion** | **Jess & Mandy** | Wilson Bay Deck  
Season 2 Option B | **Inferno** | **Michelle & Ellen** | Voyageur Lawn  
Season 3 Option A | **Mat Pilates** | **Jess & Mandy** | Golf Villa A  
Season 3 Option B | **Water Aerobics** (limited to 20 participates\*) **Michelle & Ellen** | Saltwater Pool  
**Pontoon Cruise** | Marina  
**Lunch with Panel Discussion** | Wilson Bay Dining Room  
Season 4 Option A | **Water Aerobics** (limited to 20 participates\*) | Michelle & Ellen | Saltwater Pool  
Season 4 Option B | **Cardio HITT** | **Jess & Mandy** | Voyager Lawn  
Season 5 Option A | **Mind Body Yoga** | **Ellen & Michell** | Voyager Lawn  
Season 5 Option B | **Beach Boot Camp** | **Jess & Mandy** | Wilson Bay Beach  
**Guided Beer Run** | **Mandy & Jess** | Start and End at Voyageur Lawn  
**Farm to Table Dinner** | Cash Bar | Pemmican Room—Wilson Bay  
**Bonfire & S'mores** | Voyageur Lawn  
**Live Entertainment** | O'Madden Pub | 21+

## Sunday

7—10am  
7—7:45am  
10—10:45am  
11—11:45am  
By 11am

**Breakfast** | Fairways | Included for packaged guests (bring registration card)  
**Sunrise Yoga** | **Ellen** | Meet at Colonial Hall Monticello Room  
**Pontoon Cruise** | Marina  
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Check out... but feel free to 'stay and play'

### Customize your weekend:

You are welcomed to go to all sessions or skip sessions to relax or enjoy the resort. Included with your package stay is full access to The Tennis & Croquet Club and the Marina, some activities include: tennis, pickleball, lawn bowling, croquet, bike rentals, kayaks, water bikes, paddleboards.

\*Sign up for Water Aerobics at the welcome reception

*Weather Backup Locations: In case of rain, classes will be held in golf villa A & C*



- Voyageur Lawn - Classes, Beer Mile start
- Wilson Bay Beach—Beach Boot Camp
- Wilson Bay Lodge— Welcome Reception & Meals
- Colonial Hall—Sunrise Yoga meeting location
- Mission Point—Sunrise Yoga location if nice
- Marina—Pontoon Cruises
- Madden Inn & Golf Club—Room check-in, O'Madden Pub, breakfast & 5k start location
- Inn Pool—Water Aerobics
- Golf Villas— Barre, Mat Palates & Back up class locations