



# HEALTH + FITNESS WEEKEND

PRESENTED BY TAKEDOWN

## Friday, September 20

4:30pm **Check in** | feel free to arrive early to enjoy the resort  
 6:30—7pm **Registration** | Meet the staff & pick up your gear! | Golf Villa C  
 7—8pm **Opening Ceremony & Friday Night FunNight Workout** | Golf Villa C  
 8pm **Nisswa Sauna & Cold Plunge** | \$10 | Wilson Bay Beach  
 8pm—10pm **Bonfire & S'mores** | Wilson Bay Beach  
 9—11:59pm **Live Entertainment** | O'Madden Pub | 21+

## Saturday, September 21

7—10am **Breakfast** | Fairways | Included for packaged guests (bring registration card)  
 7—7:45am **Guided 5K Run** | Mandy | Pine Beach East Pro Shop in Madden Inn  
 7—7:45am **Sunrise Yoga** | Ellen | Viking Room (Madden Inn)  
 8:30—9:15am Session 1 Option A | **Mat Pilates** | Michelle | Golf Villa C  
 8:30—9:15am Session 1 Option B | **Beach Boot Camp** | Mandy | Wilson Bay Beach  
 9:45—10:30am Session 2 Option A | **Yoga Sculpt** | Courtney | Golf Villa C  
 9:45—10:30am Session 2 Option B | **Cardio Strength** | Mandy | Golf Villa D  
 10—10:45am **Pontoon Cruise** | Marina  
 11—11:45am Session 3 Option A | **Body Blast** | Cassie | Golf Villa D  
 11—11:45am Session 3 Option B | **Water Aerobics** (limited to 20 participates\*) Michelle | Saltwater Pool at Madden Inn  
 11—11:45am **Pontoon Cruise** | Marina  
 12:15pm—1:15pm **Lunch with Pannel Discussion** | Fairways  
 1:45—2:45pm Session 4 Option A | **RTT Seminar** | Michelle | Golf Villa C  
 2—2:45pm Session 4 Option B | **Indoor Boot Camp** | Cassie | Golf Villa D  
 3:15—4pm Session 5 Option A | **Water Aerobics** (limited to 20 participates\*) Michelle | Saltwater Pool at Madden Inn  
 3:15—4pm Session 5 Option B | **Run & Strength** | Mandy | Golf Villa D  
 4:15pm **Guided Beer Run** | Mandy | Start and End at Golf Villas  
 7pm **Farm to Table Dinner** | Cash Bar | Pavilion  
 8pm—10pm **Bonfire & S'mores** | Mission Point  
 9—11:59pm **Live Entertainment** | O'Madden Pub | 21+

## Sunday, September 22

7—10am **Breakfast** | Fairways | Included for packaged guests (bring registration card)  
 7—7:45am **Sunrise Yoga** | Ellen | Viking Room (Madden Inn)  
 8:30am **The Climb Spin Class** | Mandy | Takedown Gym (please arrive by 8:15 - 15 minute drive from Madden's)  
 10—10:45am **Pontoon Cruise** | Marina  
 11—11:45am **Pontoon Cruise** | Marina  
 By 11am **Check out...** but feel free to 'stay and play'

### PERSONAL TRAINING:

Enhance your weekend with a personal training session with a Takedown Gym Personal Trainer. Email [joe@takedowngym.com](mailto:joe@takedowngym.com) to reserve your time slot  
 Available Saturday 9am, 9:30am, 10am, 10:30am, 11am, 2pm, 2:30pm & 3pm

\$50/person

### 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, and golf on the Social 9 (carts are extra). Some activities include: tennis, pickleball, lawn bowling, croquet, bike rentals, kayaks, water bikes, and paddleboards.



1. Golf Villas - Registration, Classes, Beer Mile start

2. Wilson Bay Beach—Sauna, Beach Boot Camp

3. INN— Viking Room—Sunrise Yoga

4. Marina— Pontoon Cruises

5. Madden Inn & Golf Club—check-in, 5K O'Madden Pub, breakfast, lunch, 5K start & Water aerobics

6. Pavilion—Saturday Dinner

Orange line: 5K route

Green line: ~1 Mile Beer Run with 3 stops