



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 (main inn)
 8:30—9:15am Season 1 Option A | **Mat Pilates** | Michelle | Golf Villa C
 8:30—9:15am Season 2 Option B | **Beach Boot Camp** | Mandy | Wilson Bay Beach
 9:45—10:30am Season 2 Option A | **Yoga Sculpt** | Courtney | Golf Villa C
 9:45—10:30am Season 2 Option B | **Cardio Strength** | Mandy | Golf Villa D
 10—10:45am **Pontoon Cruise** | Marina
 11—11:45am Season 3 Option A | **Body Blast** | Cassie | Golf Villa D
 11—11:45am Season 3 Option B | **Water Aerobics** (limited to 20 participates*) Michelle | Saltwater Pool
 11—11:45am **Pontoon Cruise** | Marina
 12:15pm—1:15pm **Lunch with Panel Discussion** | Fairways
 1:45—2:45pm Season 4 Option A | **RTT Seminar** | Michelle | Golf Villa C
 2—2:45pm Season 4 Option B | **Indoor Boot Camp** | Cassie | Golf Villa D
 3:15—4pm Season 5 Option A | **Water Aerobics** (limited to 20 participates*) Michelle | Saltwater Pool
 3:15—4pm Season 5 Option B | **Run & Strength** | Mandy | Golf Villa D
 4:15pm **Guided Beer Run** | Mandy | Start and End 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 (main inn)
 8:30 **The Climb Spin Class** | Mandy | Takedown Gym (please arrive by 8:15)
 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 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.