

Proposed Itinerary:

Friday:

3:00-5:00pm – Check-In

Book a massage, pedicure or fascial stretch before Pilates!!!

5:00-6:45pm – Welcome Pilates with Cathy

7:30pm – Dinner in the Tempest Room with Live Band UNCORKED

Saturday:

7:00am – Coffee

7:15-8:15am – Yoga ~ Salute to the Sun with Jenn

8:30am –Gourmet Continental Breakfast

9:15am-12:30pm – Snowshoeing with Dino

Packed Lunch During Snowshoe ~ Sandwiches, fruit, snacks, juice

12:30-3:00pm – Free Time

Book a massage, pedicure or fascial stretch!!!

3:00-4:00pm – Health and Wellness presented by The Gym, Penticton

4:00-5:00pm – Gentle Yoga with Jenn

6:15-7:15pm – Buffet Dinner

7:30-9:30pm – Belly Dancing ~ No experience necessary... Learn some basic belly dancing steps and then enjoy watching a live performance!

Sunday:

6:45am - Coffee

7:00-8:00am – Second Pilates with Cathy

8:45am – Continental Breakfast

9:30am – Prepare for a day of skiing, hot tubbing or spa treatments!!!

Check-Out is 12pm

12:30pm – Goodbye Luncheon