



Itinerary Harbert, MI Nov 9-12, 2018

This is a work in progress and will be updated as plans are finalized!

Friday pm: Arrive anytime after 4 pm- Dinner and wine is NOT included this evening but feel free to come as early as you can and get to know the group!

Saturday:

9:30 am- Group intros and icebreaker

10-11 am – “Long” Steady Run or Walk

11-11:30- Hard Core*

12 pm – Lunch (catered)

2:15-3:30 pm Yoga

3:30-4:30- Goal Setting

4:30 Meditation

5-8 pm- Happy Hour and Cooking - *we will be cooking in groups as a team building event!*

Sunday

9- 10 am – Hiking in the Dunes

10:00- 10:30- HIIT Class*

10:30-11- Foam Rolling/Stretch*

11:30- Lunch (catered)

12-4 – Massage Therapist- scheduling 1 hour sessions and Vision Board Creation

4 pm- Book Club Discussion-

5:00- Interactive Dinner Cooking with Mindy's Real Food

Monday:

8- 9:30 am – HIIT Run workout*

8:30-9 am- Total Body Strength Workout*

10 am Checkout and Depart

*workouts will be taught in class format

THE HOUSE

Bedroom 1 Main house-SOLD OUT

Bedroom 2 Main house- King Bed- \$500 per person

Bedroom 3 Main house- 2 Double Beds \$550 per person- one space available

Bedroom 4 Guest house- Master with King Bed- \$500 per person

Bedroom 5 Guest House- Queen Bed- \$400 per person

Bedroom 6 Guest House- Bunk Beds \$450 per person

Prices based on double occupancy unless noted

Would you like to register? Email angela@sparkmultisport.com

Rates include 3 nights lodging, lunch and dinner on Friday and Saturday, wine, all fitness/yoga classes, scheduled activities (except massage) and a Spark Recharge gift!