

Getaway to a Healthy Body

Cape Breton Resorts announces the 2010 Healthy Body Retreats



Weekend Retreat Package:

- Two nights
- Continental breakfasts, nutrition breaks, lunches & dinner
- Two days of fitness, healthy cooking tips, healthy living presentations and more...
- Welcome wine & Cheese
- Entertainment

ONLY **\$219** per person

Based on double occupancy plus tax.

Detailed weekend itineraries:

Inverary Resort, Baddeck

Arrive early and visit the spa – be sure to book in advance!

FRIDAY, APRIL 30th

- 6:00-7:00 pm Early Arrival-Get this party Started with Zumba!
8:30-11:00 pm Welcome wine & cheese. Kick up your heels Cape Breton style with a Cape Breton Ceilidh and learn some Zumba moves.

SATURDAY, MAY 1st

- 8:00-9:00 Continental breakfast in Flora's Dining Room
9:30-11:00 Eye opener mixer
11:00-11:15 Nutrition break
11:15-12:15 Healthy Skin & More with Belinda
12:30-1:30 Lunch in Flora's Dining Room
1:45-3:00 Zumba Party
3:00-3:15 Nutrition break
3:15-4:00 Yoga Vibe
4:15-5:30 Join the Inverary Executive Chef Daryl for some healthy cooking tips & more.....
5:30-7:15 Relax, check out the spa services and get ready for dinner
7:30-8:30 Dinner in Flora's
9:30-12:00 Dancing, sing along and good times at the Thistledown Pub. Come as you are or get into the groove with an outfit from the movie "Grease"

SUNDAY, MAY 2nd

- 8:00-9:00 Continental breakfast in Flora's Dining Room
9:15-10:30 Circuit Jam-Zumba. Strength. Cardio.
10:30-10:45 Nutrition break
10:45-11:45 Body Vibe: Yoga Dance
11:45-12:00 Water break
12:00-12:45 Showers, change & check-out
1:00-2:00 Farewell lunch

Instructors: Elaine Fitzgerald Muise, Kathy Reed and Tracy Cipryk

Dundee Resort & Golf Club

(Dundee option includes 1 round of golf per person)

FRIDAY, MAY 28th

- 6:00-7:00 Get the Party started with a Zumba Party!
7:00-8:30 pm Arrival and check-in
9:00-11:00 pm Welcome wine & cheese. Kick up your heels Cape Breton style with a Cape Breton Ceilidh.

SATURDAY, MAY 29th

- 8:00-9:00 Continental breakfast in MacRae's Dining Room
9:30-11:00 Eye opener mixer
11:00-11:15 Nutrition Break
11:15-12:00 Yoga Vibe
12:00-12:30 Relax by the pool
12:30-1:30 Lunch in MacRae's Dining Room
1:00 Golfers tee-off
1:45-3:00 Zumba Party
3:00-3:45 Health, mind & body seminar
3:45-4:00 Nutrition break
4:00-4:45 Body Vibe: Yoga Dance
4:45-6:30 Relax, go for a swim, relax in sauna and get ready for dinner
7:00-8:30 Dinner in MacRae's
9:30-12:00 Get your '70's Disco Groove On' and Dance to the beat at Chanters Pub (70's dress optional)

SUNDAY, MAY 30th

- 8:00-9:00 Continental breakfast in MacRae's Dining Room
9:30-11:00 Circuit Jam Mix it up
11:00-11:15 Nutrition break
11:15-12:15 Power & grace - strength & stretch
12:15-1:15 Showers, change & check-out
1:15-2:30 Farewell lunch

Instructors – Tracy Cipryk & Elaine Fitzgerald Muise

Tracy Cipryk, a National Fitness Presenter and Trainer and the lead Instructor and choreographer for "Bust A Move" will introduce you to Yoga Vibe and Body Vibe. Yoga Vibe combines inspiring music with continuous yoga dance flow and Body Vibe will take you back to the days when dance was free and you danced to the beat of your own drum.



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