



FITNESS & FUN CAMP Weekend Outline

Friday July 4th:	Saturday July 5th:	Sunday July 6th:
<p>3:00-5:00PM- Arrivals & Set-up at HOLE IN WALL #1 Register at SPICES Base-marked with SPICES Sign (this will be known as the "SPICES Base" for the weekend); <i>First you must check in at the Park Gate at the top of the Hill and register your vehicle for \$7 per day or \$15 for a 3 day Pass</i></p> <p>5:00-6:15PM ZUMBA Fitness Kick-off Party – "Bright and Sunny" Theme (COED-all ages)(Instructor: Bernadette) (Meet at Base at 4:50 to walk to location together) "Athletic Theme"</p> <p>6:15-7:15PM Supper for those arrived</p> <p>7:15-8:30- Night Hike-Tour of the Site and to the Lake Look-out point [2kms] (COED –all ages)(Lead by Bernadette) (Meet at Base at 7:30 and walk there together) <i>*Bring cameras for a group and personal photos to take at the top!!</i></p> <p>8:30-10:00 - Fire-Sharing Circle (Lead by Everyone!) & Roasting Marshmallows (Marshmallows supplied by SPICES) (Fire at Base Campfire)</p>	<p>7:00 -8:00AM (Meet at base a 6:50am)–Cross Country Jog /Walk (5KM Marked Path) COED-all ages</p> <p>8:00-9:15 AM Breakfast (Casual At your campsites)</p> <p>9:15-10:30 (Meet at Base at 9:20am) Fitness Kickboxing Class (COED-all ages in adult and youth group) Lead by Bernadette and Emil.</p> <p>10:45-12AM (Same location as Kickboxing) Functional Training-with Tires & Ropes (COED) Lead by Bernadette and Emil. <i>{Agility Games for Youth}</i></p> <p>12-1:00PM Lunch Break (Casual)</p> <p>1:00-2:15 PM (Meet at base at 12:50) Yoga Stretch &Tone (COED-all ages) (lead by Julia McGregor-Guest Instructor)</p> <p>2:15-4:00PM (Beach and Beachside)Beach Games& Activities- Beach Volleyball, Frizbee, Football, Water games (COED-all ages)</p> <p>4:00-5:15PM (Meet at base at 3:50) ZUMBA Fitness Fiesta Party (COED)(lead by Bernadette) –"Bright and Sunny" Theme. <i>{Youth Games}</i></p> <p>4:00-5:15pm (Meet at base at 3:50)Men's Muay Thai Pad Holding Session (Men Only; lead by Emil)</p> <p>5:15-7:00PM -Supper</p> <p>7:00-8:15PM Sunset Stretch (Hill by the Beach Shore) (COED-all ages) (Meet at 7:50pm and walk there together)</p> <p>8:15 -10:00PM-Fire Circle with Campfire Stories & Bush Pies (At Base Campfire) Bush pie food is supplied!!</p>	<p>6:30 -7:45AM MMA Cross Training (Meet at base at 6:50am)(COED-all ages in 2 groups for Adults/Youth) (Lead by Bernadette and Emil)</p> <p>7:45-8:45AM Breakfast (Casual-At your campsites)</p> <p>8:45-10:00am Core Fusion (COED-all ages) (Meet at base at 8:50am) (Lead by Bernadette)</p> <p>10:00-11:15am(Spices Base) Nutrition Lecture and Workshop with DIATA WELLNESS (lead by guest Nutritionist Lacey Tourney)</p> <p>11:15-12:00NOON Departures & Check-out</p> <div data-bbox="1166 1417 1490 1722" data-label="Image"> A colorful illustration of a green and white tent pitched on a grassy area. Inside the tent, two people are sitting on the floor, one appears to be reading or looking at something. There are trees in the background and a small red box or cooler in front of the tent. </div>