FALL GIRLFRIENDS' GETAWAY

October 26-28, 2018

Gather up the gal pals, or your favourite female family members, for a weekend of togetherness at luxurious Fox Harb'r on Nova Scotia's North Shore. This Fall Girlfriends' Getaway has it all, ready for you.

GIRLFRIENDS' GETWAY PLAN

FRIDAY, OCTOBER 26

from 3 pm	**Arrivals and accommodation check-in**
	If you want to arrive earlier for Spa or other Activities, facilities are available
7 pm	**North Shore Welcome Reception**
	With hors d'oeuvres & a glass of wine
9 pm	**Optional Nightcaps** at the bar

SATURDAY, OCTOBER 27

8 am – 9 am	**Breakfast Bites** for ladies on the move
9:30 – 10:30 am	**Rise & Shine Morning Exercise Session** with stretching
10:45 – 11:45 am	**Health & Wellness Seminar**
12 – 1 pm	**Let's Do Lunch**
Afternoon Options	**Re-Boot Camp in The Hangar**
	A circuit of fun fitness routines set to music, the perfect kick-start to your winter healthy living goals
	Pool & Hot Tub Time
	Fox Harb'r Resort's Jr. Olympic pool is licensed for alcohol from resort
	Dol- ás Spa Appointments, charges additional, pre-booking necessary
	Save 10% off treatments & 20% off spa retail products
	Fox Harb'r also features 15 kms of trails, including the 5 km oceanside Fox Trot
	Bikes are complimentary to borrow, all weekend long
7:30 pm sharp	**Saturday Night Fever 3-course dinner and after-party**
	Entertainment/ DJ TBA. Wear your best '70s to '90s inspired glam, if you wish

SUNDAY, OCTOBER 28

by 11 am	**Check-out**
8 – 9 am	**Breakfast Bites** for ladies on the move
8:45 – 9:45 am	**Yoga Class** no previous experience required, bring your own mat if you have one, please
10 am – 11 am	**Dance, Dance, Dance**
	One last, fun, Zumba influenced work-out session to end the weekend
12 pm	**Farewell Lunch**

Your Fox Harb'r Fall Girlfriends' Weekend hosts, **Elaine & Tracy**, have over 25-years experience as professional fitness instructors between them.

*Based on a 2-night double occupancy stay. Subject to availability. See website for full details.

2-night stay
FROM
$389*
PER PERSON

FOX HARB'R
RESORT
Nova Scotia