



FALL GIRLFRIENDS' GETAWAY

NOVEMBER 1-3, 2019

It's back, bigger and better than ever. Join us for a complete weekend of girlfriends' fitness, fun, food and fashion, this fall, only at Fox Harb'r.

RESERVATIONS & QUESTIONS 1-866-257-1801 guestservice@foxharbr.com

2 NIGHTS FROM **\$425*** PER PERSON

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

FRIDAY, NOVEMBER 1

from 3pm	Arrivals & Accommodation Check In Event Registration & Activity Sign-Ups With your hosts professional fitness experts Elaine & Tracy Book your Psychic Reading early (\$40 per half hour)	Clubhouse Reception Spa Foyer
7-9pm	Welcome Reception Hors d'oeuvres & a glass of wine	Northumberland Room
9-11pm	Meet and greet each other, your hosts and learn more about the weekend. Meet Bonnie, the weekend fortune teller, and set up appointments	

SATURDAY, NOVEMBER 2

8-9am	Move & Groove Fitness session for all skill levels ending with relaxation	The Hangar
9-10am	Breakfast Buffet	Cape Cliff Dining Room
10am-12pm	Activity Options *see list at right	
12-1pm	Lunch	Cape Cliff Dining Room
1-2:30pm	Free Time to Unwind	
2:30-4pm	Boot Camp followed by Stretch & Relax Sweat, laugh and stretch it out with us. If you have a yoga mat, please bring it.	The Hangar
4-6:30pm	Relax and get ready for dinner with a fashion show followed by dancing	
6:30 pm	Roaring '20s Dinner Party With Fashion Show by Lisa Drader-Murphy See the latest versatile, easy-wear, made in Canada styles from this Nova Scotia designer, and get ready to shop Then dance the night away with DJ Jason Stewart <i>Wear your best Roaring '20s inspired, flapper style glam, if you wish</i>	Cape Cliff Dining Room & Lounge

SUNDAY, NOVEMBER 3

7:30-8:30am	Breakfast Bites	Spa Foyer
8:30-9:30am	Zumba Groove	Northumberland Room
9:30-9:45am	Break Time	
9:45-10:45am	Yoga Like all our classes, tailored to all skill levels. Bring your own mat if you have one, please	Northumberland Room
10:45-11:45am	Check-Out	
11:45am-1pm	Farewell Brunch	Cape Cliff Dining Room

ENJOY A SELECTION OF ACTIVITIES

Saturday 10am-12pm
(other times available)

- **Fortune Card Readings**
\$40/ 30 minutes, Salon D, Spa building lower level, traditional Estonian-Gypsy fortune reading by 30-year expert

- **Dol- ás Spa Appointments**
charges additional, pre-booking necessary
Save 10% on treatments & 20% on spa retail products

- **9-Hole Course Golf Round**
tee-time must be booked in advance, capacity is limited. Weather permitting, one 9-hole round of golf on the par 3 course included with package.

More Outdoors

Sporting Clay Shooting
\$65 pp

Catch & Release Trout Fishing
\$35 pp for rental gear

Fox Harb'r also features 15 kms of trails, including the 5 km oceanside Fox Trot
Bikes are complimentary to borrow, all weekend long