



Girlfriends' Getaway

48 Hours of Fun, Fitness & Food ~ May 7 – 9, 2021

FRIDAY, May 7

- From 3pm Accommodation check-in at the Clubhouse.
Event registration & activity sign-ups at the Clubhouse with your hosts and Professional Fitness Instructors- Elaine Fitzgerald Muise and Tracy Cypri
- 5 – 8pm Book your Card Reading. Fee is \$50 per half hour session
- 7-10pm Welcome Reception (Seated) – Northumberland Banquet Room with hors d'oeuvres & a glass of wine (served at table side)

SATURDAY, May 8

- 8:30–9:30am Rise & Shine Move & Groove - all skill levels, ending with relaxation located in The Hangar. Please bring your own mat.
- 9:30-10:30am Breakfast at Cape Cliff Dining Room
- 10 – 6pm Book your Card Reading. Fee is \$50 per half hour session
- 10:30-12pm Enjoy a variety of activities including: (other times available)
- Dol- ás Spa Appointments – additional charges, pre-booking necessary by calling 902-257-1801
 - Quick Time Manicure \$45
 - Quick Time Pedicure \$58
 - Quick Time Mani & Pedi \$100
 - Body Polish \$54
 - 30 Minute Therapeutic Massage \$65
 - Body Polish and Massage Combo \$115
 - Sporting Clay Shooting \$70
 - Catch & Release Trout Fishing \$35
 - Fox Harb'r also features 15 kms of trails, including the 5 km Oceanside Fox Trot.
 - Cruiser bikes are complimentary to borrow, all weekend long
 - Olympic Size Pool with Mineral Pool.
- 12-1pm Zumba in the Hangar
- 1:30–2:30 pm Lunch, Cape Cliff Dining Room & Lounge
- 2:30–4:30pm Lobster 101 with Chef Shane in The Willard. Maximum 30 persons
or
Guided Seaside Hike with Hot Chocolate and S'mores
- 5 -7:30pm Free Time
- 7:30 – 10pm Dinner & Ziya Fitness Fashion Show Cape Cliff Dining Room

SUNDAY, May 9

- 8 -9am Breakfast Bites for ladies on the move, Cape Cliff Dining Room
- 8:30-10am Standing Strength & Functional Core with Mindful Relaxation in The Hangar. Please bring your own mat.
- 10 –12pm Book your Card Reading. Fee is \$50 per half hour session
- 11:30 - 1pm Farewell Brunch, Cape Cliff Dining Room
- 11am Check Out ~ Safe trip back home