



YOUR ITINERARY *in Barbados*

EARLY MORNING ENERGIZER

A Pre-Breakfast light workout, inspirational hike followed by energizing yoga and stretching. This will start your day off with a positive feeling and rev up your metabolism before a delicious, healthy breakfast.

SMALL GROUP CONDITIONING

The large group will be divided into smaller sections, based on fitness level and activity interests. During this time we will work in more specific dynamic conditioning, strength training and cardiovascular interval workouts.

POOL TRAINING

As the temperature rises during the day we will plunge into the pool for a full body workout that will allow you to beat the heat, but still exercise every muscle you have heard of, and some you may not even know about yet.

GUIDED HIKES THROUGH BEAUTIFUL BARBADOS

We have organized fantastic hikes that most tourists to Barbados do not even know exist. We will be working with local guides to discover amazing vistas, learn about the local terrain and improve our cardio fitness without even realizing we are doing a workout.

EDUCATION PROGRAM

We will be offering a series of seminars in a relaxed environment to cover many topics in nutrition and fitness. You will be able to guide the discussion through your questions and your feedback provided prior to the event.

TOPICS TO INCLUDE:

- Foods for hormone balance
- Foods to help lower the risk of breast cancer

The purpose of these seminars is to provide you with information and strategies that you can take home with you to help you improve your health and fitness.

EVENING RELAXATION WORKOUTS

These sessions will include stretching programs, pilates training, yoga and breathing techniques. The focus will be on posture, meditation and relaxation. These sessions will help your muscles actively recover for the next day's workout, and provide you with techniques to keep your body moving fluidly for the rest of your life.

GRAND FINALE MOTIVATIONAL DINNER

Indulge in an amazing healthy gourmet dinner created just for you. In addition, Catriona Le May Doan, two-time Gold Canadian Olympic Champion will share her experiences in dealing with challenges and achieving long-lasting success, all while balancing her personal career and family. Her story is truly inspiring.

