Lake Morey Resort

Ladies Get-A-Way Weekend

Sunday	Terrace	Edgewater	Theater	LakesideE	Spa	Fitness	Lakeside Dining RM	Morey	Steamboat	Lobby
7:30						Fitness Center Open				
8:00	Flow Yoga						Breakfast Buffet	Strong by Zumba		Group Walk
8:30										
9:00										
9:30	Breath, Stretch, Relax							POUND		
10:00										
10:30										
11:00										
11:30										
12:00										