

Crafts	Description	Instructor
3D Card Making	Create 4 unique cards while learning new techniques!	Vicky Maryou
Essential Oils	Learn the importance of utilizing essential oils in all areas of your life to promote a healthy body and environment. You'll make your own essential oil creation to take home.	Laurie Bergeron
Mug Painting	Create a unique item to bring home showing your personality. Supplies and artistic guidance provided.	Crystal Champagne
Paint & Sip	Sip your choice of wine while Crystal guides you through the process of painting the night sky over Lake Morey.	Crystal Champagne
Wood Signs	Painting and stenciling creative wooden signs. Theme: Town names or Zip Codes	Kristy Hoff & Kerry Allen
Cooking and Chemistry	Description	Instructor
Chili Cook Off	Your team will prepare a chili to be judged; can you handle the heat! We will have an assortment of ingredients for you to choose and add to the already portioned out ingredients. We like it hot here at Lake Morey, so we will be throwing some unexpected heat at you. Come and Compete or just to eat, it will be a Spicy Good Time!	Melissa Seaver
Cooking with Jerry	Culinary expert Jerry Prevost will surprise us with a special creation highlighting some of his recent travels.	Gerald Prevost
Cupcake Wars	We'll provide the delicious cupcakes and an array of fixings. Teams of two will answer trivia for extra supplies, then begin creating masterpieces to be judged.	Lisa Avery
Meal Prep 101	You may think that cooking meals for the week ahead will consume a big chunk of your weekend. However, because there are various ways to meal prep, you don't have to stand in the kitchen for an entire Sunday afternoon. This class will give you some great ideas to start prepping at home and making your week nights a little less busy.	Melissa Seaver
Soups and Stews	Learn the art of great soup and stew making.	Elias Sater
What is Gluten?	Learn more about what is gluten, how it can effect us, and how to cook and bake without it.	Lisa Avery
Group Activities	Description	Instructor
BINGO	Classic game time; Lake Champlain Chocolate prizes	LMR Event Staff
Corn Hole Tournaments	This tournament will run on Friday and Saturday, teams will head to the Terrace Ballroom for a little friendly competition. This is a double elimination and tournament standings and schedule will be updated by email and posted in the Lobby. Register your team of two players. Winners each receive a two-day, one-night stay for two guests. Ladies Bring Your A Game!!	LMR Event Staff
Good Guess	Race to unriddle astonishing clues about everyday people, places & things! <i>Good Guess</i> is the perfect casual game for groups of all sizes. It's part riddle, part trivia and part just sound logical reasoning.	LMR Event Staff
Live Music: Jason Cann	A group favorite. Playing a wide variety of popular music from James Taylor to Everlast with a sprinkling of country and original music.	Jason Cann
Trivia	Show off your knowledge...	802 DJ
What Do you Meme	This is semi unfiltered game to make you laugh and see how people really think. It is a spin-off of Cards Against Humanity- Ladies Getaway style . There will be a series of pictures shown, your team must pick the best/funniest card to describe the picture, if your card is chosen by the picking team You Win that round. Team with the most card wins, it's that simple. There is no limit on team size, so grab your girls for a fun game of What Do You Meme.	LMR Event Staff
Mind & Body Classes	Description	Instructor
Barre	BARRE will begin on our mats, with a mix of Pilates, core and leg exercises and stretching. We will transition to the barre for exercises that maximize strength in the glutes, ankles, calves and knees, while promoting rotation in the hips, flexibility in the spine and ease in the upper body. Open to injury free beginners.	Hanna Satterlee
Belly Dancing	Belly Dancing provides improved posture and strengthening of back muscles and also a great cardio workout, plus its fun!	Amity Alize
Be Your Own Badass	Are you living authentically, or are your suffering from Chameleon Complex? What does living authentically really mean anyway? It's time for the real you to finally stand up!	Carrie Myers

Breath, Stretch, Relax	Deep breathing, stretching, and a total relaxation (what some would call a nap!)... what's not to like about this class? This is peace and calm at its best.	Carrie Myers
Circuit Training	Practice a circuit style workout moving through several exercises targeting different muscle groups, resulting in a workout that will tax your muscular strength, endurance and cardio.	Julia Kearney
Flow Yoga	FLOW YOGA will cultivate heat by moving through grounded and standing postures while focusing on the power of breath awareness. Expect to link breath with a continuous flow of movement in this strong, active yoga practice. All levels welcome, some yoga experience encouraged. This class can move at a quick pace, so some prior yoga experience is helpful.	Hanna Satterlee
Group Walk	Join other guests for this self-guided walk around the lake and neighborhoods.	Self-Guided
Pound	A full-body cardio jam session combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, strength movements, plyometrics and isometrics poses. Pounding off the pounds!!	Donna Leduc
Readings	Shelly uses her gifts and intuition to guide and bring clarity. She will be offering readings to guests; a sign-up sheet will be posted in the lobby. Costs are \$35 per half-hour reading.	Shelly Drew
Sexy Chair Dance	There's nothing that a little hip swivel can't cure! Get your sexy on and come join us in the super fun class (leave your inhibitions at the door)!	Carrie Myers
Smash Your Scale	Still allowing the scale to decide what kind of day you'll have? Do you gauge your self-worth on that number? There is a better way ladies! Join the SYSterhood and break free from dieting hell.	Carrie Myers
Strong by Zumba	Strong by Zumba is a body transforming HITT workout to music that will make you feel Stronger after every class.	Taylor Kelly
Zumba	Pretty much the most awesome workout ever. Dance to great music, with great people and burn a ton of calories without even realizing it!	Paula Jacobs