



DEERHURST
RESORT
MUSKOKA

**GIRLFRIEND'S
GETAWAY
WEEKEND**



FEATURING **BRETT KISSEL** | NOVEMBER 8 – 10, 2019

Supporting Mental Health
Services in Muskoka through



WORKSHOPS & FITNESS

SATURDAY, NOVEMBER 9, 2019



8:30 AM | GODDESS YOGA CLASS

Let's slow things down a little. Stretch and strengthen your body gradually with emphasis on building awareness of the breath and the body. Practice movements at a slower pace with extra attention to alignment and detail. This class is appropriate for all levels looking for a soothing, relaxing, and restorative experience.

What to wear: Breathable, long and form – fitting tops paired with comfortable pants will be ideal for our Goddess Yoga class



8:30, 9, 9:30, 10 & 10:30 AM | INDOOR ROCK CLIMBING WALL

Scale new heights and check rock wall climbing off your bucket list under the guidance of Deerhurst's Recreation managers. They'll show you the ropes – literally – and will cheer you on as you make your way up one foothold at a time. Haven't you always wanted to reach for the top?

Each session accommodates 6 climbers at a time and takes approximately 30 minutes.



8:30 AM | AQUA FITNESS

Cameron Labonte has been involved in Aquatics for close to 10 years. Teaching aqua fitness is only one of his jobs in the Town of Huntsville aquatic department but his fun and enthusiastic style has made his Aquatic Boot Camp one of the Canada Summit Centre's favourite aqua fitness classes.

He will have you laughing and enjoying the class so much that you will forget you are working hard.



9:30 AM | ZUMBA

Latin Cardio blends Latin rhythms with easy to follow moves to create a one-of-a-kind fitness program. The routines feature interval training where fast and slow rhythms & resistance training are combined to tone and sculpt your body while burning fat. Fun and fitness combined in one class.

Dress is definitely cool, casual and comfortable – wear running shoes. Leave your inhibitions behind, come ready to move and have FUN – only rule...there are no rules! Remember, what happens in Zumba, stays in Zumba!



9:30 AM | BUTTOLOGY 101 - Beyond the Barbells

Glute focused strength training and cardio class to kick off your Saturday with a fantASStic workout. Our glutes can be one of the most neglected muscle groups in our body, especially if we have a sedentary job. Weak glutes can lead to poor posture, lower back pain, tight hamstrings, and pelvic instability...to name a few! Learning how to train them effectively can you keep you strong and pain free! Besides, everyone loves a nice booty!

This fusion class is brought to you by Cas from Beyond Obstacles and Tara from the Barbells, who will provide you with a 4 weeks glute builder workout plan that you can do at home!

10:30 AM | WHAT IS CLEAN BEAUTY - By Beautycounter



Join Ashley to learn about what is really in your skin care and makeup products and why we need to start paying attention.

There is not a lot of government regulation in this industry, so even Health Canada does not have the authority to pull products off the shelves that may be causing health issues such as: asthma, cancer and infertility.

Beautycounter (The number one Googled beauty brand of 2018 and recently seen on the NBC, CBS and Cityline) is a company that was created with transparency and accountability in mind to formulate safe and clean products for everyone. The Better Beauty Movement helps educate women to make safer choices for themselves and their families when it comes to shampoo, sunscreen, face creams and makeup. Learn what to look for -and what to avoid!



11:30 AM | GIRLFRIENDS FASHION SHOW

Join fashion consultant and TV personality Moe Kelso for her Winter forecast of fun, affordable and creative styles from Cutter's Edge, an amazing new interior design, décor and women's fashion store right here in Huntsville. See how you can update your wardrobe with this season's new trends. From casual and cozy to just right touch of sass for the season, you'll see the latest fashions for real people living real life!

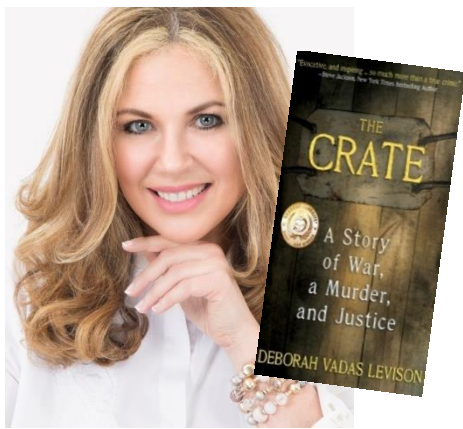
And you'll be able to purchase the looks you love at the Cutter's Edge display in our Girlfriends' Getaway marketplace.

1:30 PM | THINK FRESH FOR HOLIDAY DÉCOR

Learn how to decorate like a pro! Create simple and beautiful holiday décor items with a new twist for your front entrance, dining table and around your home to impress your guests this season. Design and lifestyle expert Jackie Morra will demonstrate the tips and tricks used to create focal points to transform your home.

Jackie Morra is a popular speaker at shows and events across Canada and has been featured in various media such as Breakfast Television, Global TV- The Morning Show, City TV, Toronto Star, Globe and Mail and Styleathome.com and the Seasons Show to name a few. Visit her at jackiemorrainteriors.com





2:00 PM | "THE CRATE" – A True Story of War, Murder & Justice

Learn the backstory of Deborah Levison's debut book, THE CRATE: A Story of War, a Murder, and Justice, a true crime memoir with echoes of the Holocaust, which has been called "gorgeous and poetic," "heart wrenching," and "a brilliant story." A true story based in Muskoka, It has received six literary awards to date including being named Outstanding First Nonfiction by the Independent Author Network and was a finalist in the 2018 International Book Awards.

Deborah Levison's life has two parts: the first in Canada, where she grew up, and the second in the United States, where she's lived for twenty years. She is a multi-award-winning author, writer, and a director at the strategic communications firm of Michael J. London & Associates. You can find her in Muskoka every summer, watching the sun set from her rowboat.



2:30 PM | HOLIDAY SIGN MAKING - \$20 for materials

For Catie Raymond, Art has been a life journey.... As a graphic designer, professional florist, artist, and a mother, her creativity has taken her many places over the years, whether collecting antique treasures for her whimsical garden art or for funky jewelry. Her "Old Soul" propels her to create one of kind pieces with a little new and old together. Share her inspiration as you create your unique holiday piece.

Participants will be given couple of sign choices. Boards will be prepared with base color, then you will paint the lettering, varnish and decorate as you please.



3:00 PM | WHEN WORDS BECOME MEDICINE

Join Veronica Ciandre, founder of ISOLA Jewelry, for a workshop & conversation that will leave you inspired, motivated and with tools to create the change you desire. Science has proven that our thoughts create our realities, and that the best way to change our lives, is by changing our minds. The repetition of Affirmations is a way to deliver and focus on those new thoughts, once you have determined the direction you want to go in. In this workshop you'll learn:

- What stories and narratives are creating your reality, and how to shift them in the direction you choose
- 4 Steps to create your own affirmations and how to use them
- How to use Mala beads or a beaded bracelet to enhance your affirmations
- An introduction to the Fibonacci sequence, and its use in meditation



4:00 PM | LINE DANCING CLASS

Let Judy cure your achy-breaky heart in this fun-packed session of Line-Dancing. Dress is cool, casual, creative. Ladies...get ready to Swayze your way through a weave, ramble and mambo simply divine dance class!

Judy Smith is a veteran Line Dance Instructor, certified personal trainer, certified POUND instructor, certified Old Adult Specialist and certified Spin Instructor.

Subject to change; as at 09/17/2019