



DEERHURST
RESORT
MUSKOKA

**GIRLFRIEND'S
GETAWAY
WEEKEND**



FEATURING **BRETT KISSEL** | NOVEMBER 12 – 14, 2021

Supporting Health Services in
Muskoka through



WORKSHOPS & FITNESS

SATURDAY, NOVEMBER 13, 2021



8:30 AM | MORNING YOGA CLASS
(45MIN) WITH LORRAINE VAN LUIT

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. Wear breathable, long and form – fitting tops paired with comfortable pants will be ideal for our Yoga class



8:30, 9:00, 9:30, 10:00, 10:30 AM | INDOOR ROCK CLIMBING
(30MIN) WITH DEERHURST REC TEAM

Scale new heights and check rock wall climbing off your bucket list under the guidance of Deerhurst's Recreation team. 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.



9:00AM | IN CHAR'S KITCHEN - CULINARY DEMO
(45 MIN) WITH CHARMAINE BROUGHTON

As a food media specialist, host of 'In Char's Kitchen' on YourTV Muskoka, cooking instructor at The Creative Cook in downtown Bracebridge, and former recipe writer for Running Room Magazine, Charmaine loves to eat, play and talk about food! Join her for a demo of one of her healthy and delicious recipes that you can take home and DIY.



9:00AM & 1:00PM | PAINTING WORKSHOP (\$25)
(2HR) WITH HELENA RENWICK

Follow our Eclipse Art Gallery art facilitator Helena and paint your own painting on a 9"x11" canvas! Here in Muskoka, there is a never-ending supply of landscapes, skies and vistas to paint. Helena has been teaching fun art classes for many years. No experience necessary and we promise you will end up with a fabulous painting signed by you! All materials are included @ \$25pp



9:30 AM | ZUMBA
(45MIN) WITH SAREE SASSON

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!



10:00 & 11:30AM | AXE THROWING (\$15)
(1HR) WITH ZIGZAG

Come Real-Axe at Zig Zag Axe! Axe Throwing is a popular new activity at Deerhurst and under the guidance of our certified axe master, you'll learn how to compete in this newest craze. The fee to participate is \$15.00 (plus tax) and you'll join up to 14 others for one hour of sheer fun and entertainment. When finished, you will receive a certificate of completion. We go rain or shine, so dress for the weather! Footwear has never been more important! No high heels, sandals or open toed shoes please. You must be over 18 to participate.



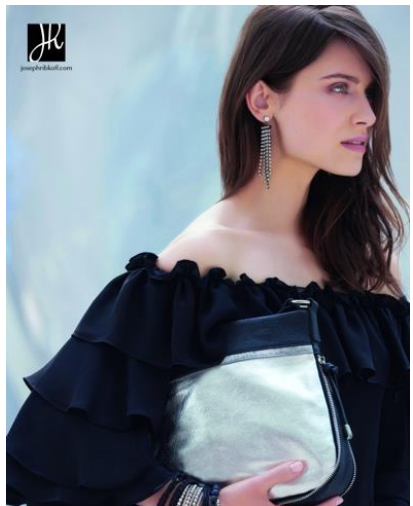
10:30 AM, 1:00, 2:30, 4:00 PM | HOLIDAY SIGN MAKING (\$25)
(1HR) WITH CATIE RAYMOND

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



10:45 AM | BELLY DANCING
(45MIN) WITH NICKIE SAVAGE

Belly Dancing is the expressive art of demonstrating the feminine side of each woman where their strength, beauty, and creativity are shown through flowing, sinuous, and staccato movements. The focus of this class is to bring Belly Dance to the everyday woman; for fun, for light fitness, and for joy. You will learn a few of the basic belly dance movements such as hip lifts and drops, slides, circles, figure 8 and of course... shimmies! You may purchase a belly dance hip scarf for \$10.00 cash (tax included) before class begins. Belly Dance puts us in touch with the truth that every woman is beautiful and does so in a fun way to bring a magical feeling to your heart!



11:30 AM | GIRLFRIENDS FASHION SHOW
(30 MIN) WITH MOE KELSO

Join fashion consultant and TV personality Moe Kelso for a show of fun and creative styles from local stores right here in Muskoka. See how you can update your wardrobe with this season's new trends from Cutter's Edge, Algonquin Outfitters, Zahara's, Wolfe Co., Sharpleys, Fibre Studio and Reflections of Muskoka. From casual and cozy to just right touch of spice 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've seen at these fine retail shops in downtown Huntsville.



1:00 & 2:00 PM | INNER WONDER WOMAN IMPROV
(45 MIN) WITH JENNINE PROFETA

Take your getaway to the next level with this 45 minute workshop full of fun, laughter and memorable gal pal moments! Join Jennine Profeta (The Second City, Girls Nite Out) as she takes you through a series of improv games designed to break the ice, make new friends and discover your inner Wonder Woman.

Break patterns, gain confidence and im-power yourself all while having a laugh!



2:00 & 3:00 PM | LINE DANCING
(1HR) WITH JUDY SMITH

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 POUND instructor, certified Old Adult Specialist and certified Spin Instructor.



3:30 & 4:45 PM | MUSKOKA BEER & SPIRITS TASTING
(45 MIN) WITH MUSKOKA BREWERY

Join Muskoka Brewery for a session full of fun and learning! Did you know there is a proper way to look at, smell and taste a beer for optimal enjoyment? Learn all about this award-winning craft brewery, tasting techniques, food pairings and of course enjoy samples of local handcrafted brews and spirits.