



# WELLNESS WEEKEND

## JUNE 12-14, 2009

### WEEKEND OVERVIEW:

#### Friday, June 12:

12:30pm Luncheon/Garden Presentation  
*Educational Session with Sandy Clinton titled "Moving Toward Native." Garden tours to follow.*  
\$30

7pm Check-In and Orientation

7:30pm Light Stretching/Introduction to Beach Body Boot Camp

8:15pm Spa Relaxation  
*Our self-guided Sugar Scrub is designed to loosen and sweep away dead skin cells, leaving your skin soft and silky. Also take advantage of the steam room, infrared sauna, meditation lounge & outdoor hot tub.*

#### Saturday, June 13:

8:45am Meet at Michigan Legacy Art Park for guided hike

11am Mountaintop Yoga

12pm Lunch (on your own)  
~ The Thistle Pub & Grille  
~ Little Betsie Bistro  
~ The Beach House  
~ The Plaza

1:30pm Flower Walk  
*Enjoy a guided flower tour around the resort.*

3pm Discounted 50-minute Tranquil Massage  
*Our most requested massage, offered to Wellness Weekend participants from 3-7pm.*  
50 minutes—\$80

#### Sunday, June 14:

10am Yoga 101  
*Pre-registration required*

11am Discounted Journey Foot Ritual  
*To complete your weekend, we suggest you take advantage of this treatment; designed to clear energy blocks and restore balance. All tension will melt away through this warm stone & warm paraffin therapy.*  
80 minutes—\$80



### RATES:

Peak Fitness Center Members—\$35 • Non-members—\$40 • Four Season Club Members—\$32

### DISCOUNTS:

Take advantage of discounts available exclusively to our Wellness Weekend participants, including:

- 10% off Peak Performance food items from any restaurant or food outlet throughout the resort
- 15% off retail merchandise in the Peak Boutique and Water's Edge
- 20% off Peak Fitness Memberships
- 10% off Peak Pool Punch Cards
- Various Spa Discounts
- Free use of ski walking poles
- Unlimited use of the Peak Fitness Facility and indoor pool for the weekend
- Alpine Slide 2-for-1 discount

*Discounts available June 12-14, 2009 only.*

### LODGING:

Special Wellness Weekend Lodging Only Rates **from \$109\***.

\*Rate is per night based on double occupancy in hotel accommodations. Subject to applicable taxes, local assessment and service fee. Call for availability and mention Wellness Weekend. Wellness Weekend tickets sold separately.

**Space is limited—Call ext. 7300 for Wellness Weekend reservations!**

