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		Gentle Yoga*		Breath, Stretch, Relax			Breakfast Buffet			Group Walk
8:30										
9:00	Pound				Open By Appointment ($)			Zumba Gold		
9:30		Flow Yoga*								
10:00										
10:30										
11:00										
11:30										
12:00										