



## Fitness Retreat Classes & Events:

**Classes: Morning Walk Boot Camp, Daily Running Group, Awesome Abs Class, Shape & Tone, Beach Boot Camp, CrossFit, ROMWOD, Brazilian Jiu-Jitsu Martial Arts Class**

**Seminars: Nutrition Seminar with Guest Chef, Mobility & Recovery Injury Prevention, Women Self-defense Seminar, and "What do I do?" Fitness Kick Starter Seminar**

*Please Print Clearly:*

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Mailing/Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_

Email Address: \_\_\_\_\_

Package Option: \_\_\_\_\_

**How did you hear about Mind, Body, & Spirits Fitness Retreat?** \_\_\_\_\_



## PACKAGE OPTIONS

- **Silver Package** - \$100.00 per person/ \$175 per couple (includes one day of unlimited access to all classes listed above without the seminars)
- **Gold Package** - \$200.00 per person/ \$350 per couple (includes two days of unlimited access to all classes listed above with access to one seminar provided)
- **VIP Package** - \$300.00 per person/ \$500 per couple (includes all four days of the retreat unlimited access to all classes listed above and includes access to the all the Seminars provided)

**Transfers and Cancellations:** I acknowledge my classes agreement is not transferable without notification. There will be a non-refundable fee of \$25 for any cancellation.

**Participation in Classes:** In return for my class package selection payment, I understand I may attend as many classes as I wish, according to the level (Silver, Gold, and VIP) that I have selected.



**Liability Waiver:** I understand that I risk injury and even death if I participate in aerobic and other exercise programs which involve using the services, equipment, machinery, and/or facilities at El Dorado Royale and Generations. I also understand that these risks are heightened if:

- A medical doctor has not first determined that I am physically fit to participate; or
- I participate in exercise/fitness activities or use equipment and/or facilities without being instructed by Mind, Body, & Spirits Fitness Retreat staff in the correct way to participate in the activities or use of the equipment and/or facilities.

I realize that I, and not Mind, Body, & Spirits Fitness Retreat, am responsible for having my own health evaluated before I participate in any exercise program and for receiving instruction from Mind, Body, & Spirits Fitness Retreat before using any of the services, equipment, or facilities.

Unless I notify Mind, Body, & Spirits Fitness Retreat in writing to the contrary, I understand and agree that Mind, Body, & Spirits Fitness Retreat is entitled to assume my physician has approved my own participation in the exercise/fitness activities I participate in.

With the full knowledge of the risks involved in participating in aerobic and/or exercise programs and using Mind, Body, & Spirits Fitness Retreat services, equipment, and/or facilities, and in consideration of my agreement with Three B Fitness LLC, I release Three B Fitness, LLC and its partners, members, employees, independent contractors, and agents from any responsibility for damages, losses, or injuries I suffer while participating in or as a result of any aerobic and/or exercise program, or using any equipment and/or facility at EL Dorado Royale and Generations.

I acknowledge receiving, reading, and understand the agreements contained herein, including the release of liability and hold harmless obligations. I authorize Mind, Body, & Spirits Fitness Retreat to verify the information contained in this Group Fitness Retreat agreement.

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Date

**AGREED and ACCEPTED**

\_\_\_\_\_  
By:

\_\_\_\_\_  
Date





## Schedule & Venue

### 7am-8am Morning Walk & Stretch

Venue: Chef Market Deck

Details: Meet at El Dorado Royale Lobby walk to Chef Market Deck for stretching.

Equipment Needs: 1 yoga mat for each participant

### 8am-9am Running Group

Venue: Resort Perimeter 5k path

Details: Participants will meet at Jojo's Deck

Equipment Needs: Possible Water Station(?)

### 9:15-9:45 ROMWOD "Sport Yoga"

Venue: Bar Tucanes/ or Salones Royale Conference Room

Details: Participants will meet at venue site for class

Equipment Needs: Yoga mats, large TV Screen with HDMI port and small attachable speakers

### 10am-10:40 Beach Boot Camp

Venue: Gazebo Blanco

Details: Participants will meet at venue site for class

Equipment Needs: Any available odd object items large tires, big logs or stones, etc.

### 10:45-11am Awesome Abs Core Class

Venue: Gazebo Blanco

Details: Participants will meet at venue site for class

Equipment Needs: yoga mat or large beach towel for each participant

### 11am-12noon Shape & Tone

Venue: Main Gym/Fitness Center at Royale

Details: Participants will meet at gym for class

Equipment Needs: Gym has everything needed



### 11am-12:30pm CrossFit

Venue: \*\*\*We will be doing a surprise venue rotation each day, we will adjust this based upon availability we will adjust accordingly to availability

Details: Classes will be at the selected venue for training. The tentative plan is to have 2 classes at the Royale fitness center/outfitted for functional fitness. We would like 1 class on the Sky Terrace at Generations and most likely 1 class at the Gazebo Terraza Capilla

Equipment Needed: TBD between all 3 properties we have all the equipment we need, will just need approval to move equipment to the various venue sites.

### 12pm-2pm Brazilian Jiu Jitsu

Venue: Function Fitness, Fitness Center at Royal

Details: Participants will meet at gym for class

Equipment Needs: 1-2in thick mats, as much of the floor space that can be covered in the gym area as possible we can further discuss over a phone call. We will need quite a bit of matting.

## Special Events/Seminars

\*Nutrition Seminar- Venue TBD, 90 minutes

\*Womens Self Defense Seminar- Venue TBD Possibly Jojo's Deck, 90 minutes

\*"What to do" Fitness Kick Starter Seminar- Venue TBD, 90 minutes

\* Mobility & Recovery Seminar- Venue TBD, 90 minutes

\*\*\*All specialty seminars will most likely take place in the evening around 5pm