



## Event Itinerary

### **Friday March 5, 2010**

**3:00– 700pm**

Registration Desk in the Library – Sign up for:

- Yoga, Pilates, Pool Areobics and Zumba!
- Guided Hike of beautiful Mt. Equinox
- Women’s wellness; Mind and Body seminar
- “Looking your best; Aesthetic Surgery seminar
- Reserve your Spa Treatments – First Come First Serve!!

**From 3pm on**

Check in; Reception area, early check-in based upon availability.

**7:00 – 9:30pm**

Opening Night Dinner Reception; B95.5 personality Lynn Wilson hosting with interactive Fashion show by Giorgio Armani, BCBG, Ann Taylor & Escada to name a few!

**3:00 – 11:00pm**

Extended use of Indoor Pool, Hot Tub, & Fitness Room

### **Saturday March 6, 2010**

**7:00 - 8:30am**

Early Rise Yoga (pre registration required)

**8:00 - 10:00am**

Bountiful classic “Vermont Style” buffet breakfast

**8:00 – 12:00pm**

Day Guest Registration Desk

<b>9:00 – 12:00pm</b>	Activities (pre registration required) <ul style="list-style-type: none"> <li>• Spa Services By Appointment begins 9am -20% off any treatment</li> <li>• Hiking Experience: 9am – noon Guided hike Mt. Equinox</li> <li>• Yoga Class 8:30am – 10am 12 ppl max in movement studio</li> <li>• Pilates 10am – 11am 12 ppl max in movement studio</li> <li>• Pool Aerobics 11:15 – 12:15pm 12ppl</li> </ul>
<b>10:00 - 6:00 pm</b>	Shop, Shop, Shop the Manchester Designer Outlets TAX FREE {Not just clothes ladies, ALL purchases under \$2,000 each are tax free on Saturday only. Don't forget your coupon book!
<b>2:00 - 4:00pm</b>	Live remote with Fly 92.3 personality Marissa at Manchester Designer Outlets.
<b>3:00 – 4:00pm</b>	<b><u>Looking Your Very Best: “Artistry of Aesthetic Surgery”</u></b> Lecture Provided by Dr. David Metzner Vermont Center for Plastic Surgery
<b>3:00 – 4:00pm</b>	<b><u>Women’s Wellness;</u></b> Mind & Body presentation by Susan Wheeler; Board Member; ISPA Internatioinal and Director of Spa at Equinox
<b>4:00 – 5:00pm</b>	<b><u>Women’s Fundamentals;</u></b> Golf Clinic with the incredible Joanie McDonald, Vermont’s only women Golf Pro
<b>4:00 – 5:00pm</b>	Zumba Class (pre registration required)
<b>6:00 – 7:00pm</b>	Reception Celebration “A Taste of Vermont” Wine, Cheese, Chocolate Tasting, and Pastry Tastings.
<b>7:00 – 8:00</b>	Gala Dinner Celebration; see what Executive Chef Jeffrey Russell has prepared for you!
<b>10:00- 12:00 am</b>	Live Entertainment in The Marsh Tavern featuring Andy Avery Band.
<b>12:00 am</b>	Late Night Movie Fun

### **Sunday March 7, 2010**

<b>9:00 am – 12:00 pm</b>	Spa Treatments available 20% off any treatment
<b>9:00 am-10:30 pm</b>	Continental Breakfast- Marsh Tavern
<b>11:00 am- 6:00 pm</b>	Shopping the Manchester Designer Outlets
<b>12:00 pm</b>	Departures