



WELLNESS AT CAT CAY

February 27, 2018

TUESDAY 2-27	
6:30am Fitness Walk Meet at the Firestation	Join Reese and others for a 30-45 minute walk around the island.
9:00am Healthy Snack Meet Denver At the Market	Get your free smoothie made from fresh Papayas, coconuts and other tasty ingredients.
10:00 – 12:00 Health Coaching In the Clinic	Schedule a one on one session with Jenny or Denver, sign-up for the Basketball and Softball Teams, upload the mobile app.
12:00-1:00 Lunch n Learn Victoria Dining Room	Bring your lunch. Denver will prepare samples of the featured items
3:00-4:00 TRX In the Village	Advanced Exercise Which leverages body weight.
5:15pm Functional Fitness Class led by Nichelle Meet at the Basketball Court	Denver Stuart will assist Nichelle and help recruit Basketball & Softball players to represent Cat Cay.