



Camp ÂME Signature Retreat: Lifestyle Fitness, Nutrition, and Beauty Experts

Premier Fitness Expert: **Tracey Mallett**

Nutrition Expert: **Marissa Ciorciari, MS RD LD/N CLT**

Beauty Expert & Board Certified Plastic Surgeon: **Dr. James Stern**

April 21-23, 2017

ITINERARY

FRIDAY

Arrival, settle into your room, and take a tour of all âme Spa & Wellness Collective to discover all has to offer. Begin to let your body unwind for the weekend with your choice of a spa treatment or journey through the spa's signature Wellness Circuit.

2:00-3:00 PM	âme Spa & Wellness Collective Tour
4:00-5:00 PM	Fitness Class with Tracey Mallett
6:30-8:00 PM	A social gathering for all attendees to mingle while the resorts hosts share an overview of the weekend activities
8:00 PM	Individual Dinners

SATURDAY

8:00-9:30 AM	Outdoor Fitness Class with Tracey Mallett
8:30-9:30 AM	Breakfast
11:00-12:00 PM	Food and a Healthier Lifestyle with Marissa Ciorciari
12:30-3:30 PM	Time to experience all that Turnberry Isle has to offer! Spa treatments, a walk in the tropical gardens, exercise at the Fitness Center, relax through the Wellness Circuit, sit pool-side, or attend a "Doc Talk" or "Fit Fact"
3:00-4:00 PM	Dr. Jimmy Stern shares "New Non-Invasive Rejuvenation, Plastic Surgery, & Plastic Surgery Techniques
6:00-7:30 PM	Organic Wine Social
7:30 PM	Individual Dinners

SUNDAY

8:00-9:30 AM	Outdoor closing fitness class with Tracey Mallett
10:00-11:00 AM	Breakfast
11:00-12:00 PM	Nutrition and You with Marissa Ciorciari

Prior to your arrival a Spa Âme-bassador will contact you to personalize a perfect spa experience.

Your retreat also includes:

- Select Two 50 minute Spa Treatments of your Choice
- Enjoy unlimited Fitness and Meditation Classes with over 28 offered over the weekend
- Take unlimited journeys through the Wellness Circuit

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SPA & WELLNESS COLLECTIVE