

STAY STRONG

KEEP ENERGY LEVELS UP WITH A MIDDAY ACTIVITY & NUTRITIOUS SNACK.



THE MIDDAY STRETCH

STRETCH CLASS | PROTEIN-PACKED SNACKS

MEDITATIVE MOMENT

RELAXATION CLASS | SMOOTHIES & SNACKS

ACTIVITY

*A 10-minute, instructor-led session that focuses on posture, breathing techniques and easy stretches. Optional: Instructor led, fresh-air walk

MENU

Seasonal Hummus Selection with Mini Bagel Chips—Charred Jalapeño & Mint

Seasonal Personal Salad—Roasted Carrot & Quinoa Salad with Arugula & Yogurt Dressing

Warm Vegetable Panini, Grilled Zucchini, Yellow Squash, Mozzarella, and Sweet Pepper Pesto

Seasonal Local Whole Fruits

Spa Water—Seasonal Fruit/Herb

Bottled Electrolyte Water

Fresh-Brewed Fair Trade Coffee & Tea

\$45 PER PERSON

ACTIVITY

A 10-minute, CD provided for meditation session that focuses on deep breathing and stress-relief techniques. Optional: *Instructor-led, fresh-air walk

MENU

Chef's Choice: Veggie/Fruit Smoothie—Mango & Passion Fruit

Pimento Cheese Spread, Cucumber Stick and Baguette Crostini

SnackSelections—Pretzels, Crisp Apples, Peanut Butter & Local Honey

Seasonal Local Whole Fruits

Spa Water—Seasonal Fruit/Herb

Bottled Electrolyte Water

Fresh-Brewed Fair Trade Coffee & Tea

\$39 PER PERSON

Please Note: 25 person minimum required. * Instructors are not included in price. Your Event Manager may provide referrals upon request
PRICES ARE EXCLUSIVE OF 24% COMBINED GRATUITY/SERVICE CHARGE AND CURRENT SALES TAX

