

Cahoots Fitness Farewell Retreat Agenda:

All Activities will be held at the **Courtyard Marriott at 2801 West Clubhouse Drive, Lehi, UT**

Dress Code:

Fri - Yoga Gear (plus a sweater or jacket so you're cozy before/after the workout)

Sat - High Fitness Gear + swim suit to change into

Friday, May 31

6:00pm Dinner at the Courtyard Marriott

7:30pm Presentation & Workshop by Megan Murff -- *What I've learned from Cahoots*

8:30pm Group Bonding Activity

9:00pm Candlelight Yoga & Meditation with Shannon

(bring yoga mat if you have one; we will have some to share)

*Optional stay-overnight for those who have reserved a room at the Courtyard Marriott

Saturday, June 1

8:00am High Fitness with Kara

9:00am Breakfast

9:30am Pool Party