

COREFITNESS ULTIMATE RETREAT at ICONA RESORT FAQ

We are so excited about our Inaugural Fitness Retreat at the Icona Resort in Diamond Beach, NJ! We are here to answer all of your questions as you get ready to embark on this one-of-a-kind fitness and wellness experience!

When is the retreat being held?

Thursday October 13th - Sunday October 16th. We encourage you to arrive Thursday, the 13th, any time after 3 PM and unwind with us until Sunday morning!

What types of Fitness Activities can I expect?

You can expect the style of classes you love at CoreFitness, with lots of great additions! *Think:* Beach Boot Camp, Yoga, Pilates, Beach walks/runs and some fun new twists to keep your muscles guessing!

What types of Wellness experiences can I expect?

Nutrition sessions and seminars, Make-Up & Beauty Sessions, Beach Games, Play Time and Naps, yes, naps!!

Do I have to take all of the scheduled classes?

All classes are optional, we hope that you do, but this retreat is about what is best for you and what your body needs!

What type of Special events can I expect?

Evening bonfires, Saturday night dinner, Spa services available (not included), Thursday night Happy Hour (includes complimentary glass of wine!)

Are all of my meals included?

Yes, all meals are included (breakfast, lunch and dinner), prepared especially by the resort chef for retreat participants. Food is locally sourced, centered around clean eating and CoreFit approved!

What is the cost?

- Single Occupancy:
 - \$824
 - \$799 Early Bird Special when you register before 9/1/16
- Double Occupancy:
 - \$560 per person (10% savings!)
 - \$499 per person Early Bird Special rate, when you register before 9/1/16 (14% savings!)

How do I sign up?

Call the Icona Resort at 609-729-6600 to reserve your spot, 50% deposit due at booking! Space is limited!



#sweatsunself

www.core-fit.com / www.hotelicona.com