

## COREFITNESS ULTIMATE RETREAT at ICONA RESORT FAQ



We are excited to announce the highly anticipated return of our Ultimate 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! ·

### **What is the Ultimate Fitness Retreat?**

UFR is a special opportunity to restore, rest and renew your body, mind and spirit during 3-days of fitness classes and wellness services while enjoying the comforts of an award winning resort.

### **Who?**

CoreFitness, Built Fitness, Lauren Krinis Nutrition, and the Icona Beach Resort have joined forces to create an unforgettable weekend getaway. Invite your friends, loved one or come alone, this weekend is for **YOU!**

### **Where and When is the retreat?**

Icona Resort Hotel, Diamond Beach, NJ.- <https://icona.com/diamond-beach/>

Thursday, October 18<sup>th</sup> – Sunday, October 21<sup>st</sup>. We encourage you to arrive Thursday, the 18<sup>th</sup>, any time after 3PM 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 CoreFit and BuiltFit, with lots of surprises! *Think:* Beach Boot Camp, Yoga, Beach runs and some fun new additions to keep your muscles guessing!

#sweatsunself

[www.core-fit.com](http://www.core-fit.com) / [www.hotelicona.com](http://www.hotelicona.com)

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### What types of Wellness experiences can I expect?

A Nutrition Seminar, In-Room Massage (book early for a special discount rate!), Mindful Meditation, personal downtime and daily unobstructed sunrise AND sunset views.

### Do I have to take all 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, Thursday night Happy Hour (includes complimentary glass of wine!)

### What happens if there's inclement weather?

Outdoor activity, pool, bonfire and beach bar availability is weather permitting. In the event of inclement weather all fitness and wellness activities take place on the covered rooftop Lanai overlooking the ocean.

### 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!

### Are outside food and drink allowed?

Yes, rooms are condo-style with a galley kitchen, compact refrigerator, microwave, dishwasher, stove top, Keurig coffee maker, cookware and dishwasher. We encourage you to make yourself at home with your favorite treats and beverages!

### What is the cost? (Prices include taxes, fees and gratuity)

#### Single Occupancy

- \$989 (1 person, 3 nights)
- \$949 Early Bird Special rate when you register before July 31st

#### Double Occupancy: (2 people, 3 nights)

- \$659 per person
- \$629 per person Early Bird Special rate, when you register before July 31st

### How do I sign up?

Call Gina Mancuso 215-421-7856 or [Gina@Core-Fit.com](mailto:Gina@Core-Fit.com) to register. Contact Gina or Cindy Brown [Cindy@Core-Fit.com](mailto:Cindy@Core-Fit.com) for additional information. Space is limited. Now is the time to secure your place for this special weekend!

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