

MONTANA WEEKEND FITNESS RETREAT

QUEEN-SIZED BED

\$500/PERSON

3 beds available

BUNK BEDS

\$450/PERSON

6 beds available

OUTDOOR TENTING

\$400/PERSON

You must supply your own tent

EMPOWERMENT PERSONAL TRAINING AND CLAYTON PETERSON FITNESS ARE TAKING 20 PARTICIPANTS TO STAY AT A PRIVATE CABIN IN THE PRISTINE SETTING OF ECHO LAKE MONTANA (BIGFORK). FOR THREE DAYS AND TWO NIGHTS OF FITNESS, SPORTS, RECREATION AND, MOST IMPORTANTLY, FUN!

Hikes, canoeing, sea-doo rides, hand held submarine rides, volleyball, badminton, mini-golf, flag football, basketball, tether-ball and swimming are some of the activities you will have the option to participate in. Also included in your registration fee is the carpool drive to and from Montana, breakfast, lunch, dinner, snacks, and water. Oh, and we can't forget about the three hours of group exercise per day!

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We will depart at 10am on Friday, June 10th and arrive back in Calgary on Sunday June 12th, at 5:00pm. Your passport must be up to date and travelers insurance is suggested.

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TO REGISTER PLEASE CONTACT US AT:

INFO@EMPOWERMENTPT.COM OR 403.605.2754



DAMIR MULALIC OF EMPOWERMENT PERSONAL TRAINING AND CLAYTON PETERSON OF CLAYTON PETERSON FITNESS HAVE TEAMED UP TO CREATE AN UNFORGETTABLE HEALTH AND WELLNESS EXPERIENCE. WE ARE PLANNING ON TAKING 20 PARTICIPANTS TO STAY AT A PRIVATE CABIN IN THE PRISTINE SETTING OF ECHO LAKE MONTANA (BIGFORK) FOR THREE DAYS AND TWO NIGHTS OF FITNESS, SPORTS, RECREATION AND, MOST IMPORTANTLY, FUN!

Just think of it as a health-filled summer camp for grownups. During the retreat you will have the option of participating in: hikes, canoeing, shooting range target practice, playing minute-to-win-it mini games, poker, sea-doo rides, hand held submarine rides, bowling, bonfires, boating, and much more. We will also have time to play sports such as volleyball, badminton, mini-golf, flag football, basketball, tether-ball and swimming.

The Echo Lake weekend retreat is open to anyone and is priced at \$400-\$500/person depending on your choice of accommodation. If you refer a friend outside of our mailing list you will receive \$50 OFF of any accommodation package.

We will have nothing but healthy food prepared so you will not have to worry about making the right choices. Anyone with allergies will have to notify us prior to registering.

We plan on meeting at 8:30 a.m. on Friday, June 10th and to be on the road by 10 a.m. We should arrive in Montana around 3 p.m. and then it's nothing but good times for the next two days. We would get back on Sunday evening around 5 p.m. Your passport must be up to date and travelers insurance is suggested. We need a minimum of 15 participants and a max of 20 to make this unforgettable experience happen. If you are interested let us know ASAP as we have less than three weeks before our departure date.

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ACCOMMODATION PACKAGES

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BUNK BEDS
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6 beds available

OUTDOOR TENTING
\$400/PERSON
You must supply your own tent

PLEASE NOTE.
Accommodation availability is on a first come first serve basis.

Refer a friend outside of our mailing list you will receive

\$50.00 OFF

any accommodation package.

FOR MORE INFORMATION OR TO REGISTER

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INFO@EMPOWERMENTPT.COM OR 403.605.2754