

INCLUSIVE FITNESS GETAWAYS

MORNINGTON

11th to 14th MAR 2022

6 PEOPLE MAX / 1:3 RATIO

Covid-safe rules apply.

We are putting this trip out to the girls – jump in if you are interested to confirm your spot, once we have the numbers, we will confirm all accommodation and itinerary. Be assured this will be a classy trip with some fitness activity fun as always but with the inclusion of a little bit of fancy also.

Rough Itinerary:

Friday 11th March

Pick up at 1:pm, head to our accommodation where we will find our rooms, unpack, and enjoy some nibbles before we cook our delish healthy dinner.

Saturday 12th March

Morning training sessions followed by breakfast.

Today we will head to Cape Schank and walk one of the incredible coastal walking tracks. Pack bathers, if its nice weather we will stop for a swim and beach fun on the way home!

Out for dinner before coming home to watch a movie and chill.

Sunday 13th March

Early morning workout before breakfast. Today - we will head into Sorrento. First a walk down “millionaire track” then off to the beach for a day of swimming and beach activities.

The afternoon will be set aside for some pampering and nail art fun!

Monday 14th March

Early morning workout followed by breakfast then get ready to head off to the

Peninsula Hot Springs where we will enjoy soaking in some of the spa’s and a tasty lunch before coming back to Melbourne.

Please note that this quote is based on 6 participants attending on a 1:3 ratio this quote will be amended if we have less participants.

