

WILD WELLNESS

Fitness Retreat

Schedule of Events

Each day will include an 8:00 am & 4:00 pm training session, with a fire-side chat at 7:00 pm hosted by IMPACT Magazine.



WEEK 1 – TOMMY EUROPE

November 1 – 4, 2021

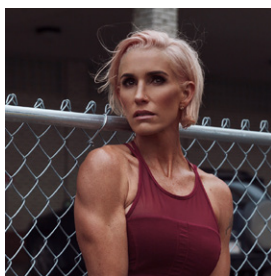
Monday, Nov 1: Core & Joint Strength
Tuesday, Nov 2: Strength & Endurance
Wednesday, Nov 3: IMPACT HIIT
Thursday, Nov 4: Posture & Mobility



WEEK 2 – BRENT BISHOP

November 8 – 11, 2021

Monday, Nov 8: Cardio Core - HIIT
Tuesday, Nov 9: Full Body Strength
Wednesday, Nov 10: Upper Body Strength with Abs
Thursday, Nov 11: Cardio HIIT



WEEK 3 – TISH DUFFY

November 15 – 18, 2021

Monday, Nov 15: Body Blast SHRED®
Tuesday, Nov 16: Core SHRED®
Wednesday, Nov 17: Partner SHRED®
Thursday, Nov 18: Arms & Abs SHRED®