

SPA AND WELLBEING EVENT SCHEDULE



All day	MedSpa chair massages, vitamin shots and Spa specials Chiropractic services by NXT Level Chiropractic & Integrated Health Essential oil education and premium products Healthy meditation & sound therapy integration Healthy treats, smoothies and fun give-always Live music by John Demand
10:00 AM	Tai Chi morning class in the Fitness Center
11:00 AM	Yoga
12:00 PM	Smoothie Class with Chef Ron
1:00 PM	Sound Bath Meditation with Debra Allen
1:30 PM	Pickleball lesson & demonstration on our home court

R E V E L

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