



Fitness and Spa Retreat

East Meets West

**Sept. 24-26, 2010 - Bonneville Hot Springs Resort
in the Columbia Gorge**

Join personal trainer **Lori Rede** and her team of professionals for a three-day retreat that combines energetic Western workouts with gentle Eastern movement.

**Call or email now
to reserve your place**

Limited enrollment

**503.819.8605 or
raynee52@msn.com**

www.movingpartsfitness.com

All fitness levels are welcome



\$460 per person

plus cost of room*

**Enjoy fitness, fun
and relaxation at a
beautiful resort and spa**

Retreat fee Includes:

- 10 sessions with trainers, including two dance lessons
- All meals; wine with dinner
- Soothing mineral spring soak and herbal wrap in a luxury spa
- Gifts and raffle
- Use of Bonneville pool and outdoor spa

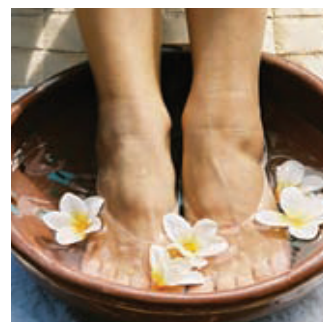


"I haven't had this much fun since I was a little girl at a birthday party!"

-S.D., retreat attendee

"I loved the schedule and programming. The pace was great and the instructors were all so enthusiastic."

-K.C., retreat attendee



*Rooms with 2 queen beds sleep up to 4 people. Pricing starts at \$190 plus tax per room, per night. Please call Bonneville Resort for reservations:

1-866-459-1678