



FUN & FITNESS 4 LIFE | January 31-February 2, 2020

Sponsored by:



and



Featuring: Gari Meacham, Paula Huss, Vicki Heath, Lisa Lewis, Diane Andrews, Megan Keefe, Amy Stafford and Teri Moscatelli

ALL SESSIONS & WORKOUTS | CHESAPEAKE AUDITORIUM, 3RD FLOOR

FRIDAY

PM

- 4:00 Guest Check-in | Chesapeake Lodge Front Desk
Open: Sports Pool/Hot Tub (until 5:00 p.m.)
Sign-up: Water Aerobics (Chesapeake Auditorium, 3rd Floor)
- 5:30-7:00 Dinner Service | Water's Edge Dining Room, 3rd Floor

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***Please bring the following with you to the Sessions
Program Booklet, Bible, Writing tools, Water and Towel***

Session 1: BEYOND MY WILDEST DREAMS

- 7:00 **Workout: Longevity F360/Gold Fusion** ~ Paula Huss, Amy Stafford, Teri Moscatelli,
Success Story ~ Paula Huss
Message: Beyond My Wildest Dreams ~ Gari Meacham
Snack & Fellowship | Personal Processing & Rest Time
- 9:00-11:00 Open: Sports Pool/Hot Tub

SATURDAY

AM

- 7:00-7:45 Optional Activities:
Water Aerobics | *Sports Pool*
Brisk Walk | Find partners and walk (Sandy Cove Road to Route 272 roundtrip is 2 miles)
Please bring reflector gear and/or flashlight for early morning walking.
- 7:30-9:00 Breakfast Service

Session 2: STRENGTH BEYOND MYSELF

Bring your light weights if you have them!

- 9:15 **Worship** ~ Paula Huss
Message: Strength – Beyond Myself ~ Vicki Heath
- 10:15 Break
- 10:30 **Workout: Strength Training** ~ Amy Stafford, Vicki Heath, Teri Moscatelli
- 11:30 Break
- 11:45 **Message: Eating Well: Beyond** ~ Lisa Lewis
- 12:30-1:30 Lunch Service
- 1:30 - 5:30 **Free Time AWOL (Away With Our Lord)** Rest, Read, Walk, Pray, Think
- 1:00 Open: Sports Pool/Hot Tub (until 5:00 p.m.)
Optional Sessions: Chesapeake Auditorium
1:30 - 2:30 **My First Place** | Vicki Heath & Delaware Networking Lisa Karnish
2:45 - 3:45 **Body & Soul Fitness and You** | Amy Stafford & Staff
- 5:30-7:00 Dinner Service

Session 3: REACH BEYOND

Bring your mat or large bath towels

- PM**
- 7:00 **Worship** ~ Paula Huss
Success Story ~ Deborah Guest
Message: Reach Beyond ~ Gari Meacham
- 8:00 **Workout: Core Strengthening and Stretching with Pilates**
~ Teri Moscatelli, Amy Stafford, Vicki Heath
Snack & Fellowship | Personal Processing & Rest Time
- 9:00 Open: Sports Pool/Hot Tub (until 11:00 p.m.)

SUNDAY

- AM**
- 7:00 Please Check-out of Rooms by 9:30 a.m.
Optional:
Workout: Beyond Your Mother's Workout ~ Vicki Heath & Megan Keefe
Brisk Walk - Please wear reflector gear and/or flashlight for safety
- 7:30-9:00 Breakfast Service
Personal Quiet Time

Session 4: BEYOND FREE

~ A Love Offering for Sandy Cove will be taken at this session ~

- 9:45 **Worship** ~ Paula Huss
Success Story ~ TBD
Message: Beyond Free ~ Gari Meacham
Program Conclusion, evaluation collection, drawing for Gift Certificate
- 12:00 Lunch Service
Departures – Safe Travels!

SATURDAY OPTIONAL SESSIONS | Chesapeake Auditorium

1:30-2:30 PM

My First Place ~ Vicki Heath & Lisa Karnish, Delaware Networking

The Christ-centered Weight Loss and Healthy Living Program

- Relevant and valuable health information
- Tools for real, lasting change
- Committed and authentic community

Discover your why. Get rid of the excuses. Join us to begin your wellness journey of a lifetime.

2:45-3:45 PM

Body & Soul Fitness® and You ~ Amy Stafford & Staff

Body & Soul Fitness® believes that fitness involves more than just your body – we care about the health of your body and your soul. It is where faith and fitness meet! The ministry includes:

- Top Quality fitness programs taught by certified instructors
- Spiritual Inspiration
- Community and Connection

You will find acceptance and encouragement for your next steps, beginner or advanced alike. Come find out how you can bring this ministry to your community.

BODY & SOUL FITNESS® WORKOUT DESCRIPTIONS

***Modifications for every fitness level:** All workouts will include modifications for every fitness level: high, moderate, and low. Most will include a seated chair option. The seated workout is ideal for those with temporary injuries, weight challenges, orthopedic and balance issues, and other medical conditions.

Longevity F360 and Gold Fusion: Functional exercise suited for all fitness levels, and includes low impact cardio movement, strength training, coordination and balance exercises, and flexibility training. This safe and effective workout offers modifications for every fitness level.

Strength Training: A full-body workout incorporating warm-up, balance, core strength and stability. This workout utilizes elastic utilizing bands, hand weights and your own body weight.

Core Strengthening and Stretching with Pilates: Gentle stretching and strength for the mind and body, flexibility training, relaxation, core body strengthening using the Pilates method of breathing.

Beyond Your Mother's Workout: An interval workout that combines cardiovascular, resistance, core and balance training that is physically challenging, and emotionally & spiritually uplifting.

SANDY COVE PRAYER ROOM

Feel welcome to visit Sandy Cove's Prayer Room located at the end of the 1st floor conference hallway. Stations are set up to guide you through prayerful Adoration, Confession, Thanksgiving and Supplication. Open at all times.

Additional Information

SANDY COVE OFFERING

An offering will be received at the Sunday morning session. Thank you so much for prayerfully considering how you can be a part of helping people connect with God and each other at Sandy Cove through your gracious offering.

EVALUATION FORM & DRAWING

Evaluation forms will be provided under your door Saturday evening. Please bring it to the Sunday session. We will have a drawing to win a gift certificate for 50% off any Sandy Cove event. You, or a representative, must be present to win.

MORNING CHEER BOOKSTORE

Please order CD's or USB of specifically **audio recorded sessions** while visiting the Bookstore (3rd Floor), which also features books, Bibles, music, clothing, magnets and so much more!

Palmer is our gymnasium building open Friday through Saturday evening. Find fun activities to enjoy with others such as volleyball, basketball, and ping pong. On the way to Palmer do not forget shuffle board, and the miniature golf course (\$1.00 quarters needed – return ball to front desk for refund), and did you know we have a Disc Golf course located near the tennis court?

~ In case of an **emergency**, please call 911. Then, if possible, call the Front Desk (410) 287-5433 (or press "0" on room/hallway phones) and provide your location so they can dispatch staff, direct emergency personnel to you, and complete any necessary paperwork. In the event that the fire alarm sounds please proceed calmly and quickly to the Palmer building. All floors have outdoor direct access.

~ Check-in with the dining room servers, at meal times, if you have medically necessary dietary restrictions and completed the online **Food for Thought form** prior to arrival. Gluten Free signs are also noted on applicable items on the hot food line.

~ Use the exit door to the right of the Kalbach Welcome Center, 3rd Floor for the Palmer (gym) building and miniature golf course.

~ Your **water bottle** can be refilled from 6 filtered drinking stations around the building (Floor/#stations: 3rd/3; 2nd/2; 1st /1).

~ Complimentary coffee is available 24 hours a daily near the first floor Front Desk and the 3rd Floor Morning Cheer Bookstore. Snacks are available for purchase at the Front Desk.

~ Please wear your name tag at all times (except workouts). It will serve as your admission to all meals and sessions, and more importantly encourages connection with others.

~ E/smoking is not permitted in buildings at Sandy Cove. Cigarette trash receptacles are available around our property.

***This schedule is subject to change without advance notice.
Please closely read the Program booklet you will receive at check-in.***