

Friday Night 9pm -?

Take It All Off: Your make-up that isn't! Come in your PJ's if you want and get your face ready for bed. You will be treated to a "Spa-liday" on your hands and face. American Meeting Room (No reservation necessary.)

Saturday 3:00pm to 5:00

Paint The Town: Stop in for a quick New Look before you head out to dinner. Get help choosing a new eye, cheek & lip color. American Meeting Room. (No reservations necessary)

Sunday February 28th

8:30-9:30

Morning Exercise

Winter Walk Snow Shoeing Cross Country Skiing

Breakfast at The Curling Club

9:30-12:00

\$5.00

Come Try Your Hand at Curling

Hotel/Motel Information

Americinn

435 S. 8th St
Medford WI 54451
1-800-634-3444
1-715-748-2330

Medford Inn

321 N 8th St.
Medford WI 54451
1-800-748-0650
1-715-748-4420

Woodlands Inn

854 N 8th St.
Medford WI 54451
715-748-3995

Welcome Inn

870 N 8th St
Medford WI 54451
1-888-786-6835
1-715-748-5040

Saturday Morning Exercise

8:00-9:00

Please Circle One

Curves: A complete cardio & strength training workout with working every major muscle group.

Winter Walk: Join one of our staff for an invigorating walk along the river walk. Or (Let's Go Ladies...one step at a time...just a little further...keep on going.)

Zumba: This program fuses hypnotic Latin rhythms and easy to follow moves to create a one-of-a-kind fitness program.

Tai Chi: The slow dance-like speed of Tai Chi creates balance, flexibility and calmness.

Water Aerobics: Program using water resistance to tone and strengthen every major muscle group.

Yoga: Start your day with AM yoga focusing on breath work and gentle yoga poses to start your day renewed and relaxed. Enjoy a hot cup of tea to get you on your way to the exciting Women's Weekend Events.

Core Stabilization & Strengthening: Exercise Class on core stabilization on the ball and other fitness activities for your health. Benefits include confidence from strength and good balance, less chance of injury, decrease in or prevention of low back pain,

Description of Saturday Morning Classes

10:00—11:30

Living your Yoga: Learn to deepen your practice use yoga in your daily living. Leave class with a newfound love for yoga and a deeper self awareness. Learn how to start a home practice and receive a lavender eye pillow to take home. \$15.00

Simple Season Table Settings: Make beautiful table setting using items from around your home.

Make-N-Take Cards: Create 10 Homemade cards to take with you. Includes card and all supplies to assemble. A great opportunity to get started or to learn new techniques for those of you who already make cards. \$10.00

Wall Art Project: Using custom cut vinyl lettering choose from "Welcome Home" on a 6x12 canvas or "Faith makes things possible, not easy" applied to a 8x10 wood plaque. Finish it off to compliment your own décor. \$15.00

Must choose saying when you register.

Cake Decorating: The "how to" of frosting a cake, positioning a border, making edible flowers and applying writing. Everyone will receive a small cake to work on and take home.

Skin Care Essentials: learn the skin care do's and don'ts. What works and what doesn't. Skin care therapist will take you step by step on giving yourself the proper facial. May bring in products that you are currently using to find out if they are truly best for your skin. Will answer any skin care questions that you have.

Make & Take Basket: Make you own "Cocktail Basket". The basket is a 6 in. square and 3 in. high with a folded border made from reed with your own accent color. \$10.00

Mindfulness: Mindfulness is calm awareness of one's body functions, feelings, content of consciousness, or consciousness itself. You'll learn some basic techniques to begin your own Mindfulness Meditation.

Hardware 101: Basic electrical and plumbing fixes. Hands on practice.

Make N Take Bracelet: Create you own special bracelet choosing one of two styles. Includes all materials. \$10.00

Cooking with Jams and Jellies: Marinating and cooking a roast with jams & jellies. **Hair & Skin Care in these economic times:** Learn hot tips on how to save money on getting hair colored, help in achieving a look with 3 or less products, an Esthetician will answer all your skin and makeup woes.

Refreshments will be served. \$10.00 (put towards purchase of products)

Frame a Picture: Bring in a 4x6 picture to frame and mount yourself while learning how to use different products. \$15.00

Green Plants: Become a green plant expert. Take one home with you. \$10.00

Dance: Samba & Hip Hop dance steps will provide light to medium cardio exercise. Fun music and movements that are repetitive and broken down for all levels of dancers.

"Feed The Birds": What feed to use. Recognizing different birds and the do's & don'ts.

Bloggng: Learn the newest ways to keep in touch with family & friends. Easy and you can be set up and posting in minutes.

Last Hope for a flat tummy: How eating more & exercising less can work for you.

Description of Saturday Afternoon Classes

1:30 - 3:00

Journaling and Self Discovery: Take your yoga practice to a new level with journaling. Students will begin with a journaling class and time to record thoughts into a beautiful hand crafted book. Finish with some gentle yoga and meditation. Students leave class with a new skill for journaling and self understanding. \$15.00

Simple Season Table Settings: Make beautiful table setting using items from your home.

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Skin Care Essentials: learn the skin care do's and don'ts. What works and what doesn't. Skin care therapist will take you step by step on giving yourself the proper facial. May bring in products that you are currently using to find out if they are truly best for your skin. Will answer any skin care questions that you have.

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Mindfulness: Mindfulness is calm awareness of one's body functions, feelings, content of consciousness, or consciousness itself. You'll learn some basic techniques to begin your own Mindfulness Meditation.

No Knead Bread: Healthy Bread In Five Minutes A Day. Whip up fabulous breads made with more whole grains, fruits and vegetables. The secret? Mix up a lightning-fast batch of moist no-knead dough, save it in your refrigerator, tear off portions over the next week or more shape and bake.

Power Tool School: Milwaukee tool will have power tools to use and demonstrate. Have fun, let the tool woman come out in you.

Create a Memory Necklace: Create a memory bracelet that can become an heirloom. Bring a small photo for locket. Include all materials. \$15.00

Car Basics: Vehicle Maintenance Schedule and Tips. What do I do when I hear a noise or a have a funny light showing on my dash!!! Learn some of the basics things about your vehicle and what to do when you need to.

Watkins Appetizers and dips: Make Bruschetta and roll meat with Watkins Dips. **Orchids:** Learn how to grow and bloom healthy, beautiful orchids. Take one home with you. \$10.00

Dance: Samba & Hip Hop dance steps will provide light to medium cardio exercise. Fun music and movements that are repetitive and broken down for all levels of dancers.

"Feed The Birds": What feed to use. Recognizing different birds and the do's & don'ts

Bloggng: Learn the newest ways to keep in touch with family & friends. Easy and you can be set up and posting in minutes.

Cell Phone Savvy: How to use media functions on your cell phone.

Friday February 26th

Check in at the Chamber Office starting at 4:30pm to receive your tote filled with great items.

Start out your Friday evening with our
“Art & Wine Tour “ throughout Medford
From 4:30pm to 9:00pm

Finish up your evening dining at one of our local restaurants.
(Not included in price)

See our concierge to help with locations and reservations.

Saturday February 27th

It's All About You

8:00-9:00 - Morning Exercise
10:00-11:30 Morning Activity
11:30-1:30 Lunch, shopping and free time
1:30-3:00 Afternoon session

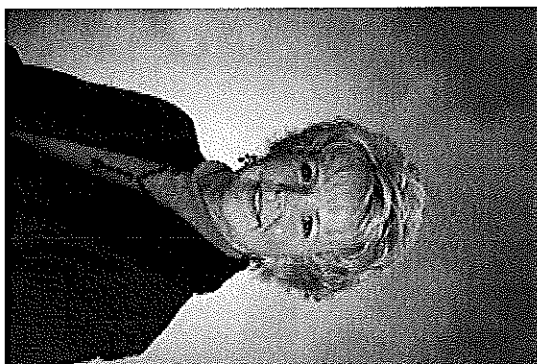
3:30 Take in a movie at The Broadway Theatre
(not included in price)
6:00pm Taste of Medford/Speaker
(Included)

Finish up your evening dining at one of our local restaurants.
(Not included in price)
See our concierge to help with locations and reservations.

Sunday Morning Exercise
8:30am to 9:30

Inspiration Speaker

Elaine Clark



Ever hear your group saying ... "not ANOTHER ho-hum speaker"? Ever thought about combining music AND speaking to teach and train your group? Hire that "UNIQUE" something - probably something no one else has! As a professional pianist I combine both music and speaking into a humorous powerful presentation. Billy Joel says it best - "everyone loves music"! Your group will LOVE it. We all need that extra kick with all the doom and gloom in the news. I am sure your group will benefit from some positive encouragement during tough economic times. Let's face it - we need "hope" - we all could use a REFRESHER COURSE on maintaining a positive attitude.

Destination Medford 2010

"Women's Weekend Escape"

February 26-28



*A weekend you
don't want to miss!!!*

\$25.00

*Includes tote bag, wine glass,
Friday night Art & Wine Tour,
Entrance into Taste of Medford*

*Featuring the
Inspirational Speaker/Singer
Elaine Clark*
