

# ACTIVE WOMEN'S WEEKEND PROGRAM

Featuring Eloise Wellings, Rio-bound Olympian and mother; Libby Trickett, 3 time Olympian swimmer & mother; Sarah Joyce, director, publisher & editor of Women's Running Magazine, BExSc (Hon), Exercise Physiology PhD, and Nicole Bunyon, Founder of Running Mums Australia.

## Friday 6 May

5.15-6.00pm	Sunset Yoga	Keel Deck	Fran McGowan with Libby Trickett
6.30-8.30pm	Twilight Zone for Kids	Resort Centre	
6.30pm	Star Gazing	One Tree Hill	Celestial guide Jaimee Powditch

## Saturday 7 May

7.15am	parkrun	Hesperus	
8.30-9.30am	Nutrition Presentation	Sails Restaurant Note - breakfast optional	Leanne Cordero of Complete Performance Solutions.
9.30-10.30am	Zumba	Sports Club	
3.00-4.15pm	Running Technique	Sports Club	Hosts Eloise Wellings and Sarah Joyce
5.00-7.00pm	Kids Fun Zone	Hesperus (next to Manta Ray)	
5.00-6.00pm	Chatter that Matters	TAKO Restaurant	An open conversation on how Eloise Wellings, Libby Trickett and Nicole Bunyon balance love, health and a career.
7.00pm	Moonlight Movie	Shady Creek Lawns	Family Movie – Hotel Transylvania 2

## Sunday 8 May – Mother's Day

8.00am	Mother's Day Classic	Bougainvillea Marquee	4.2 and 6.7km options.
9.15-10.00am	Paddle boarding	Sports Hut	
11.30am-12.30pm	Strength training for the Active Woman	Sports Club	Guests: Libby Trickett and Eloise Wellings, and Sarah Joyce
3.30-5.30pm	Kids Fun Zone	Bougainvillea Marquee	
3.45-4.15pm	Partner Up-skilling	Endeavour Room	Mark Bunyon, Luke Trickett and Jonathon Wellings speaking about how to be a supportive partner grilled by Nicole, Libby and Eloise
4.15-5.00pm	Mental Tool for the Active Woman	Endeavour Room	Eloise Wellings, Libby Trickett and Sarah Joyce. Finishing with relaxation/meditation led by Fran McGowan

## Monday 9 May

6.15am-8.45am	Dent Dash and Recovery Techniques	Hamilton Island Golf Club	Walk or run the Golf Course (4.5, 6 or 10km options) Note - Free for in-house guests with breakfast in their package or \$25 adult, \$10 child or \$60 family
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