



We Take Breaks Seriously.

FOR OUR BUSINESS GROUPS, WELLNESS IS TOP OF MIND.

Break away in between meetings or at the end of your day and treat yourself to a life-balance wellness activity.

Our attendees can experience a variety of memorable activities such as Sand Volleyball, Fun Run/5K, Yoga, Basketball, Tennis and so much more.





FUN RUN / 5K

Races can start no later than 6:30 a.m. and end no later than 8:00 a.m. due to incoming traffic and golf course business.

There is a security fee of \$50.00 plus tax, per hour/per officer, and a fee of \$55.00 plus tax, per hour for a supervisor. Four hours minimum. A total of eight officers are required during the event.

FITNESS CLASSES

Wellness sessions are available to your group in between business meetings. No worries, we will come to you.

Yoga	Boot Camp Circuit Training
Zumba	Body Pump

ADDITIONAL AMENITIES

Tennis	Sand Volleyball	Chair Massages*
Basketball	Fishing	Group Spa Buyouts*
Pickleball		

*Fee applies.

All Group Wellness Services are based on availability. Prices may vary per class. All courts and equipment must be reserved through The Spa at Shingle Creek and must be returned within 90 minutes of your reservation.

If there is a specific class or activity you would like to see, but it is not listed above, please let us know, and we will accommodate based on availability.

Contact Jennifer Woods at JWoods@RosenShingleCreek.com or 407.996.1440 for more information and to book your group's activities.

RosenShingleCreek.com/GroupWellness

FUN RUN PRICING

Under 30 people: \$200.00
 Up to 100 people: \$450.00
 Up to 200 people: \$800.00
 Above 200: \$5.00 per person



 **ROSEN
SHINGLE CREEK®**
 ORLANDO