



SCHEDULE KEY

Revivers: All general sessions are white; sessions specific for Revive-purple highlight. You are invited to attend any breakout from your graduated modality- RevFit (RF) or LiveWell (LW).

Due to the proprietary information, please only attend sessions from your certification.

Dual certified instructors/coaches: your lanyard is marked with a star sticker so you may attend either.

Additionally you may choose to: Rest, use the 24/7 prayer room, hangout in Whistlestop, in the coffee shop when open or enjoy the prayer walk area created specifically for Revivers.

Sunday, October 26		Location:	Presenter:	Items Needed:
4:00	Arrive to Lost Canyon	1. Students grab luggage from bus 2. Head to your cabin. All Revive cabins are in buildings A, B or C which are on the same side as the gym		Always have: Bible, journal, student packet
4:45 - 5:35	Introduction & Kick Off	Clubroom	Alisa	
5:35 - 6:30	Bible Study #1	Clubroom	Alisa	
6:30-7:20	Dinner in Dining Hall (w/ cabin)	Elk Horn Dining Hall		
7:30 - 8:00	Revive Meet & Greet	Leaders Lounge	Heather	
7:30 - 8:00	Dysfunction (RF)	Gym	Jennifer	
7:30 - 8:00	Listening to the Holy Spirit (LW)	Clubroom	Wes	
8:10 - 9:00	Healing- sit with your cabin	Clubroom	sit with small group	
Monday, October 27		Location:	Presenter:	Items Needed:
6:00 - 8:00	Stonehouse coffee shop open	Stonehouse coffee shop		
6:45 - 7:15	Be Still & Be Loved	Gym	Alisa	Mat, resistance tube, water bottle
7:30 - 8:45	Morning Workout	Gym	Alisa, Aaron & Ashlee	
9:00 - 9:45	Breakfast			
10:00 - 11:00	Bible Study 2	Clubroom	Kara	
11:00 - 11:30	<i>Free time</i>			
11:30 - 12:30	Revive: Using Social Media	Clubroom	Bev Bolman	
11:30 - 12:30	Anatomy - Application based (RF)	Gym	Torie, Tammy	
11:30 - 12:30	Coaching Practicals (LW)	Leaders Lounge	Alisa	
12:30 - 1:10	Lunch with Small Group	Dining Hall		
1:15 - 2:15	Testimonies Pt 1	Cabin		
2:15 - 2:45	<i>Brain break</i>			
2:45 - 4:05	Testimonies Pt 2	Cabin		
4:15 - 4:45	Rev on the Mat with LIVE worship	Gym	Heather	Mat, water bottle
5:00 - 6:00	Dinner	Dining Hall		
6:15 - 7:00	Revive Reflection: Why are you here? Where do you need reviving?	Gym	De	
6:15 - 7:15	5 Steps to Teaching TWR (RF)	Leaders Lounge	Jennifer	
6:15 - 7:15	Ministry Prayer (LW)	Clubroom	Wes	
7:30 - 8:00	<i>Free time</i>			
8:10 - 9:15	Comfortable Being Uncomfortable	Clubroom	Alisa	Airbuds or headphones
Tuesday, October 28		Location:	Presenter:	Items Needed:
6:00 - 7:30	Stonehouse coffee shop open	Stonehouse coffee shop		
6:30 - 7:00	Be Still & Be Loved	Gym	Heather	Mat, resistance tube, water bottle
7:10 - 8:15	Morning Workout	Gym	Torie, Katrina, Kara	
8:30 - 9:15	Breakfast			
9:15 - 9:45	<i>Free Time</i>			
9:45 - 10:45	Ripple Effect: How One Instructor is Making Waves Locally and You Can Too!	Leaders Lounge	Jamie Schultz	
9:45 - 10:45	Non Choreo (AMRAP, EMOM, Pyramid, Tabata etc.) (RF)	Gym	Tammy, Torie	
9:45 - 10:45	OARS & Interview practice (LW)	Clubroom	Wes, De, Leah	
11:00 - 12:00	Restoring & Reclaiming Body Image	Clubroom	Crystal	

12:10 - 12:50	Regional Lunch- look for regional signs to sit with people from your region			
12:50 - 1:00	Revive group photo	Outside Stairs of Dining Hall		
1:00 - 2:15	Revive Session with Aaron- The Art of Ministering to the Moment	Leaders Lounge	Aaron	
1:00 - 2:15	Circuit Training & Resistance Training (RF)	Gym	Tammy	
1:00 - 2:15	Grief (LW)	Clubroom	Wes	
2:30 - 3:15	Revive session group hike (optional)	Meet on basketball courts	Wes, Steve, Elizabeth	
2:30 - 3:15	Messaging Workshop (RF)	Leaders Lounge	Torie	
2:30 - 3:15	Your Body Story (LW)	Clubroom	De	
3:30 - 4:30	Class Design (RF)	Clubroom	Torie	
3:30 - 4:30	Power of Words (LW)	Leaders Lounge	Alisa	
4:45 - 5:30	Prep for student teaching (RF)	anywhere		
4:45 - 5:30	Intake Forms (LW)	Clubroom	De	
5:30 - 6:15	Dinner			
6:30 - 7:30	Fun Factor (RF)	Gym	Heather	
6:30 - 7:30	Wellness Wheel (LW)	Clubroom	De	
7:45 - 9:00	Bible Study 3- sit with cabin	Clubroom	Alisa	
Wednesday, October 29		Location:	Presenter:	Items Needed:
6:00 - 7:00	Stonehouse coffee shop open	Stonehouse coffee shop		
	<i>*You can choose which style workout to attend</i>			Mat, resistance tube, water bottle
6:30 - 7:45	Morning Workout A - Warrior Workout	Gym	Tammy, Wes, Jen	
6:30 - 7:45	Morning Workout B - Rev on the Mat	Clubroom	De, Heather, Julie	
7:45 - 9:00	Original Design with your cabin	Cabins	Cabin Leader	
9:00 - 9:40	Breakfast			
9:45 - 11:00	Revive War Room Time with Alisa	Leaders Lounge	Alisa	
9:45 - 10:45	Power of Listening (LW)	Clubroom	Leah	
9:45 - 10:45	Warm up / Cool Down, Stretching & Mobility (RF)	Gym	Tammy, Torie, Fran	
11:00 - 12:00	Two Coaches, One Goal: Helping You Grow Your Health Coaching Business (LW)	Clubroom	Leah, De	
11:00 - 12:00	Choreo, drumming and kickboxing (RF)	Gym	Torie, Katrina	
12:00 - 12:45	Lunch			
1:00 - 2:20	Art therapy / Creative expression (LW)	Clubroom	Leah	If you have any coloring tools- feel free to bring them.
1:00 - 2:00	Cardiovascular Training (RF)	Gym	Alisa	
2:30 - 3:00	All Revivers join in the gym!	Gym	Alisa	
3:15 - 4:30	Practice Coaching with other LiveWell Revivers or Practice Student Teaching (optional)	Cabins / outside		
4:30 - 5:45	Next Steps	Clubroom	Fran, Heather	
6:00 - 7:00	Dinner			
7:00 - 7:45	<i>Free time</i>			
7:45 - 8:30	Bible Study #4- sit with cabins	Clubroom	Wes	
9:00 - 9:30	Celebration in gym	Gym		
Thursday, October 30		Location:	Presenter:	Items Needed:
6:00 - 7:00	Stonehouse coffee shop open	Stonehouse coffee shop		
6:30 - 6:50	Be Still & Be Loved	Clubroom	Leah	
7:00 - 8:30	Closing Session	Clubroom	Alisa	
8:30 - 8:45	Group Photo for Everyone	Outside Clubroom	ALL	
8:45 - 9:30	Check Out	Cabins		
9:30 - 10:00	Breakfast	Dining Hall		
10:00	Load Shuttle	Behind Clubroom		
10:15	Shuttle Departs			
1:30	Arrive to PHX airport			