

REVELATION WELLNESS[®]

Sunday, October 26		Location:	Presenter:	Items Needed:
4:00	Arrive to Lost Canyon	1. Students grab luggage from bus 2. Meet SG leader on Grass 3. SG leader escorts to cabin		Always have: Bible, journal, student packet
4:45 - 5:35	Introduction & Kick Off	Clubroom	Alisa	
5:35 - 6:30	Bible Study #1	Clubroom	Alisa	bible study handout, questions
6:30 - 7:20	Dinner in Dining Hall with Small Group	Elk Horn Dining Hall		
7:30 - 8:00	Dysfunction	Gym	Jennifer	
8:10 - 9:00	Healing- sit with your cabin/small group	Clubroom	Alisa	
Monday, October 27		Location:	Presenter:	Items Needed:
6:00 - 7:00	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	Anatomy - Application based	Gym	Tammy, Torie	
12:30 - 1:10	Lunch with Small Group	Dining Hall		
1:15 - 2:15	Testimonies Pt 1		SG	
2:15 - 2:45	<i>Brain Break</i>			
2:45 - 4:05	Testimonies Pt 2			
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 - 7:15	5 Steps to Teaching The Wellness Revelation	Leaders Lounge	Jennifer	
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 - 7:00	Stonehouse coffee shop open	Stonehouse coffee shop		
6:30 - 7:00	Be Still & Be Loved	Gym	Heather	
7:10 - 8:15	Morning Workout	Gym	Torie, Katrina, Kara	Mat, resistance tube, water bottle
8:30 - 9:15	Breakfast			
9:15 - 9:45	<i>Free time</i>			
9:45 - 10:45	Non Choreo (AMRAP, EMOM, Pyramid, Tabata etc.)	Gym	Tammy, Torie	
11:00 - 12:00	Restoring & Reclaiming Body Image	Clubroom	Crystal	
12:10 - 12:50	Regional Lunch			
1:00 - 2:15	Circuit Training & Resistance Training	Gym	Tammy	
2:30 - 3:15	Messaging Workshop	Leaders Lounge	Torie	
3:30 - 4:30	Class Design	Clubroom	Tammy, Torie	
4:45 - 5:30	Prep for student teaching on your own	anywhere		
5:30 - 6:15	Dinner			
6:30 - 7:30	Fun Factor	Gym		
7:45 - 8:40	Bible Study 3	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 you attend today</i>			
6:30 - 7:45	Morning Workout A - Warrior Workout	Gym	Tammy, Wes, Jen	Mat, resistance tube, water bottle
	Morning Workout B - Rev on the Mat	Clubroom	De, Heather, Julie	Mat, resistance tube, water bottle
7:45 - 9:00	SG Original Design	cabins	SGL	
9:00 - 9:40	Breakfast			
9:45 - 10:45	Warm up / Cool Down, Stretching & Mobility	Gym	Tammy, Torie, Fran	
11:00 - 12:00	Choreo, drumming and kickboxing	Gym	Torie, Katrina	
12:00 - 12:45	Lunch			
1:00 - 2:00	Cardiovascular Training	Gym	Alisa	
2:00 - 3:00	Cardio practice in SG			
	Your group will be split in half, your SGL will tell you more details			
3:15 - 4:30	Group #1 - Student Teaching	Gym		Music (on your phone etc)
3:15 - 4:30	Group #2 - Next Steps with Fran & Heather	Clubroom		
4:30 - 5:45	Group #1 - Next Steps	Clubroom		
4:30 - 5:45	Group #2 - Student Teaching	Gym		Music (on your phone etc)
6:00 - 7:00	Dinner			

7:00 - 7:45	<i>Free time</i>			
7:45 - 9:00	Bible Study #4- sit in small groups	Clubroom	Wes	
9:00 - 9:30	Celebration in 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	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			