

WINTER WELLNESS KICK-OFF AT KELTIC LODGE



Elaine and Tracy from *ELTRA Events* will be hosting “Winter Wellness” at the Keltic Lodge

Elaine and Tracy are seasoned Wellness and fitness educators and entertainers with over 30 years experience.

The Keltic will be the hot-spot on the Island for health and wellness seminars, nature hikes and interactive fitness sessions including Gymstick drumdance, yoga and Zumba.

This dynamic duo will entertain you, challenge you and brighten your day!

Saturday Jan 21st Ceilidh Hall

9:00-10:00AM: Gymstick and Core

A strength training workout with a twist

10:30-1130: Zumba-Fit and Yoga Stretch

1:00-2:00pm: Food Smart Seminar

Learn tips and tricks for healthy eating

2:00-3:00pm Drum-Fit- and Yoga Fit

Combo Rock your workout and then balance it

All events are complimentary FOR LOCALS this weekend only. Please arrive 10 minutes before start time.