

Women's Wellness Weekend Sample Schedule

Friday Night

- 6-730pm Check-in, Camp Harrison @ Dining Hall
- 7:30 Welcome and Dude Ranch Activities @ Dude Ranch
- 8:00 Bonfire @ TP Village

Saturday

- 7-8:15am Early Morning Activities
 Could include Sunrise Yoga, Hike to waterfall, etc.
- 8:20-9:45 am Breakfast and Morning Devotion
- 10am- 12:40pm Morning Activities, camp wide
 ROPES COURSE: Zip line, Giant Swing, Climbing
 Wall, Dude Ranch: Horse Back Riding or Just
 Experience life on a farm, Hiking to Overlook,
 Mountain Biking, Kayaking, Self guided meditation
 at Round River Escape
- 12:45 Lunch and Siesta
- 2-5:15pm Afternoon Activities
 ROPES COURSE: Zip line, Giant Swing, Climbing
 Wall, Dude Ranch: Horse Back Riding or Just
 Experience life on a farm, Hiking to Overlook,
 Mountain Biking, Kayaking, Self guided meditation
 at Round River Escape
- 4:00 Branch specific activity
 Could include: Pilates, Zumba, Yoga, Cardio Funk,
 Boot Camp, Wellness lectures, etc.
- 5:00 Feeding of Animals at Dude Ranch
- 5:30 Branch specific activity
 Could include: Pilates, Zumba, Yoga, Cardio Funk,
 Boot Camp, Wellness lectures, etc.
- 6:30-8:15pm Dinner Seminar at Chapel – by Proverbs 31 Ministry

8:30pm Bonfire

Sunday

7-8:15am Early Morning Activities
Could include Sunrise Yoga, Hike to waterfall, etc.

8:20-9:45 am Breakfast and Morning Devotion

10am-12:30pm Morning Activities, camp wide
ROPES COURSE: Zip line, Giant Swing, Climbing Wall, Dude Ranch: Horse Back Riding or Just Experience life on a farm, Hiking to Overlook, Mountain Biking, Kayaking, Self guided meditation at Round River Escape

12:30pm Depart Camp Harrison