

# Kingston Resorts



### 2023 GIRLFRIEND GETAWAY

### ITINERARY

### FRIDAY 10.20.23

### **3PM** TERRARIUM BUILDING\*

Experience the calming art of terrarium building. This DIY project is great for everyone, we'll provide everything necessary for your horticulture keepsake

### 4PM MIXOLOGY/TASTING\*

Join us as one of our distillery partners leads a class in the art of cocktails. Learn to make a favorite drink, tasting your creations as you perfect your recipe

### 6:30 OCEANFRONT RECEPTION & DINNER

**PM** Start the weekend off with an oceanfront cocktail party paired with a wine tasting and custom plated dinner by Executive Chef Joe Lilly.

### 8PM DANCE PARTY WITH DJ WALLY

After dinner, you and your girlfriends can dance the night away with DJ Wally!

### 7-10 BREAKFAST

M Whether you sleep in after a night of dancing or wake up early for a yoga class, a delicious breakfast buffet will be available to kickstart your day!

### **8AM** YOGA ON THE BEACH

Start your day right on the serene shores of Myrtle Beach. Find your Zen in beautiful natural surrounds.

### SATURDAY 10.21.23

### 9:30 AQUA FITNESS

AM This low intensity class will focus on mobility and functional movement

#### **10AM** MEDITATION

Clear your mind and relax as you learn to pay attention to your breath, staying in the moment

### 11AM FITNESS AT HOME

Learn how to get a full body workout at your home with minimal investment and equipment. Our trainers will review some popular fitness APs to keep you on target to help you meet your goals

### 11-2 nm Lunch at leisure



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### 2023 GIRLFRIEND GETAWAY

### ITINERARY

## SATURDAY 10.21.23

### **IPM** THE ART OF CHARCUTERIE\*

Join Executive Chef, Joe Lilly, as he shares his tips on how to create the best charcuterie board for at home entertaining. He will spend time as you create your own board to answer questions and add suggestions.

### 2PM WINE & DESIGN\*

Create memories and masterpieces with your girlfriends while enjoying a glass of wine while you make your canvas come to life

### **2PM** PICKLE BALL CLINIC

Take part in one of the fastest growing sports, whether you're a beginner or club champion, you're sure to enjoy time on our courts learning the basics or perfecting your dink. (All equipment will be provided)

### **4PM** FITNESS AT HOME

Learn how to get a full body workout at your home with minimal investment and equipment. Our trainers will review some popular fitness aps to keep you on target to help you meet your goals

### 4:30 MIXOLOGY/TASTING\*

**PM** Join us as one of our distillery partners leads a class in the art of cocktails. Learn to make a favorite drink, tasting your creations as you perfect your recipe

### 7 PM RECEPTION & DINNER

Join us in our new ballroom, Seaside Vista, for a memorable evening with wine tasting, dinner and intimate singer songwriter performance.

### SUNDAY 10.22.23

### 7-10 BREAKFAST

AM Finish your relaxing weekend away with one final breakfast buffet

### **8AM** YOGA ON THE BEACH

Start your day right on the serene shores of Myrtle Beach. Find your Zen in beautiful natural surrounds.

### 9:30 AQUA FITNESS

AM This low intensity class will focus on mobility and functional movement

#### **10AM** MEDITATION

Clear your mind and relax as you learn to pay attention to your breath, staying in the moment

\* ADDITIONAL FEE TO PARTICIPATE
IN THIS ACTIVITY