



## SAMPLE ITINERARY

Wake up, show up and sweat it out on the mountain tops of Aspen. It's your choice to try out as many workouts as possible or chill out and explore the destination.

### **7AM – 10AM – Breakfast**

Fresh & bright breakfast buffet available with a variety of options

### **8AM – 9 AM**

Y7 Hip Hop Yoga Class

### **9 AM – 10 AM**

Mountain Top Bootcamp

### **11 AM- 3 PM**

Choose One Adventure:  
Whitewater Rafting, Mountain Biking, Rock Climbing  
*\*Lunch provided during activity*

### **5 PM**

Sunset Y7 Yoga Session

### **6 PM**

RETOX: Mountain Side Happy Hour  
Try a variety of local wines, beers and cheeses while taking in epic views and listening to beats.

### **8 PM**

Communal Chef Inspired Dinner  
Dinner will be curated by a local chef using the freshest ingredients while a mixologist whips up guilt free cocktails.

### **10 PM**

W "House" Party  
On the last night, join us for an epic blow out party in our suite with a top DJ and fun surprises.

Wake up and do it all over again **#detoxretoxrepeat**