



MINI BOOST Camp

Activity






A lively, instructor-led conditioning and strengthening class, followed by a protein-packed breakfast, will energize attendees and jump start a day of WOW!

Begin with these pre-planning steps:

- Determine if this event is suitable for your group by confirming that they are interested and able to participate.
- Ask the hotel Events Manager for help finding a certified fitness instructor to conduct a session at the hotel for a nominal fee.
- Estimate between \$100-\$200 an hour for a certified fitness instructor.
- Plan your protein-packed breakfast with the hotel catering department.
- Scheduled a hotel walk-through with the instructor ahead of time, determine what areas are needed inside and outside the hotel, and ask that he or she arrive 30 minutes early the day of the event.
- Make parking arrangements for the instructor and share all details at least one day prior to the event.
- Make sure to give attendees advance notice about the activity so they can pack accordingly and prepare for the activity to last about 1 hour.

HANDY SUPPLIES:

-  Small towels
-  Water bottles
-  Hand sanitizer

boost

Be prepared to offer appropriate exercises and modifications for groups with varying fitness levels and plan ahead for any special equipment or facility needs.

Hilton

MEET WITH PURPOSE

WALDORF ASTORIA

L X R

CONRAD

canopy

Hilton

CURIO COLLECTION

DOUBLETREE

TAPESTRY COLLECTION

EMBASSY SUITES

MOTTO

Hilton Garden Inn

Hampton

tru

HOMEWOOD SUITES

HOME SUITES 2

Hilton Grand Vacations

Hilton HONORS