



TREAT MOM TO A HEALTHY GIFT THIS MOTHER'S DAY WITH HORSESHOE RESORT AND FIT CHICKS

Show her how fabulous she really is with a weekend fitness retreat

BARRIE, ONTARIO, May 5, 2014 –Mother's Day is just around the corner and what better way to show mom how much you care than to bond over a weekend getaway filled with fun, fitness and fabulous food? [Horseshoe, a Skyline Resort](#) and [FIT CHICKS](#) have created a weekend fitness retreat fit for you and mom. The weekend getaway runs from June 6 – June 8 and covers everything from squats and lunges to nutrition and wellness.

Early bird rates for the weekend start from \$449 per person for those who book before May 20. After that date, guests will pay \$469 per person.* Valued at \$899, guests will enjoy the benefits of a weekend getaway combined with a fitness program for just half the price.

"FIT CHICKS retreats are all about getting women together and bonding while they laugh, learn, sweat and feel the burn!" says Laura Jackson, co-founder and Head Chick. "The retreat is a great Mother's Day gift for moms to do solo or with their daughter. We want to help women gain the confidence and knowledge they need to achieve their fitness and health goals."

The fitness retreat package includes two nights' accommodation and parking, an awesome lineup of fun and challenging fitness classes and activities, and tons of delicious and healthy FIT CHICK-approved meals. FIT CHICKS have carefully designed their programs to fit with ladies of all fitness levels. They provide modifications for all classes and activities to ensure that every chick has a blast and the best work out of their life. Get ready to drop it like a squat and kick-start your summer by eating clean and training mean!

At the Horseshoe Resort FIT CHICKS weekend fitness retreat guests will enjoy:

- Dancing like no one's watching while burning hundreds of calories with FIT CHICKS Zumba party
- Getting their sweat on with FIT CHICKS Bootcamp, a muscle blasting workout that's sure to bring out their inner tough chick
- Healthy Hottie Hiking, a great way to enjoy mother nature and explore the beautiful landscape of the valley
- Moving their asana with "Ready to Rock" Power Yoga, a yoga flow practice that will energize their body and calm their mind
- Learning how to fuel their body with healthy, five ingredient meals with the help of Head Chick and certified culinary nutrition expert, Laura Jackson

With so many fabulous activities and workshops, Horseshoe Resort is the perfect place to share laughs and memories to last a lifetime with mom.

For more information or to register for the Retreat, visit:

<http://www.horseshoeresort.com/Packages/Adventure-Packages/FIT-CHICKS-June-Retreat> or call 855-778-7349 to book. Rates are based on double occupancy.

*Rates based on double occupancy.

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About FIT CHICKS:

Co-founded in 2008 by BFFs Amanda Quinn and Laura Jackson, FIT CHICKS is a Canadian-based, women's only fitness company. FIT CHICKS offers eight week award winning bootcamp style programs at over 20 locations across Canada and a wide range of fitness offerings including weekend fitness retreats, at home workout DVD's, personal training, nutrition counselling and more. With a focus on lifestyle, the Head Chicks are hosts of "Shape Up with FIT CHICKS" on Rogers Television. Their commitment to women's health, earned the 2013 Top 10 Fitness Professionals in Canada by Can FIT Pro & 2013 Stevie Award for Women in Business – Health & Wellness Company of the Year. Visit www.fitchicks.ca for more information.

About Horseshoe Resort

Horseshoe Resort, named for the horseshoe-shaped series of hills in which the resort is nestled, is located north of Barrie, less than an hour away from the Greater Toronto Area. The resort is the ultimate place for adventure, offering an extensive Adventure Park, two award-winning golf courses, 29 ski runs, six lifts including the new beginners carpet lift, expanded Terrain Park and nearly 40km of groomed Nordic and hiking trails. Horseshoe also offers learning programs through Horseshoe MultiSport Academy, Yamaha Riding Adventures, Segway Adventures, Treetop Trekking and more. The Inn at Horseshoe boasts 101 rooms, a conference centre, upscale dining at Silks Dining Lounge, and the top-rated Shizen Spa, which blends the latest holistic techniques with classic spa treatments. For more information, please visit: www.horseshoeresort.com

About Skyline Hotels & Resorts:

Skyline Hotels & Resorts is a distinct collection of hotel and resort properties focused on providing true lifestyle enhancing experiences to leisure and business guests, as well as local residents. Offerings include top-level golf and ski, its own Shizen Spa brand and a complete range of year-round activities including adventure parks and corporate team-building. Skyline properties include the Cosmopolitan Hotel and Pantages Hotel Toronto Centre in downtown Toronto, Barrie's Horseshoe Resort and Deerpark Resort in Muskoka. Skyline Hotels & Resorts is owned and operated by Skyline International Developments Inc., a real estate and development company that also includes unique communities like Port McNicoll. Visit www.skylinehotelsandresorts.com.

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