

Team Building

EXPLORE MORE: GET OUTSIDE, GET MOVING

For active teams on the Go, Go, GO! We want to support your team's need to move and be active. With our waterfront location adjacent to many trails, we are the ideal location for teams that want to get outside and get moving.

Fitness Fun for Everyone

If you are looking for an activity for your team we offer high energy classes for **Zumba** or **AquaFit**. Get your team moving and smiling with the upbeat rhythm of Zumba music, to top 40 and a mix of modern rock. It is a fun way to start your day or get those endorphins rockin'. Learn a choreographed number that the team can perform later in the evening at Bear Estate as part of your group talent night. AquaFit is offered in our indoor pool to tone up muscles and get the heart pumping or simply have fun splashing into the tune of upbeat music, with this all-level Aqua Fitness.

Get Moving Break:

\$200 (10-15 guests)

\$250 (16-20 guests)

\$300 (21+ guests)

Team Fun on the Links

Seasonal favourite for your team! Start off with a 1 hour golf clinic, then apply those skills to 9 holes of championship golf. A rewarding 3 hour golf game plus clinic, which is great for beginners and novice golfers. Express team spirit and have fun with it; pick a theme, dress up, offer great prizes!

Golf Tune Up and Enjoy:

\$125 per person (4-7 guests)

\$115 per person (8-20 guests)

Rest and Recover

Late afternoon experience after golf, bike ride or Fitness class.

Let Living Shore Spa bring the spa experience to your meeting site. Our 10 min wellness massage stations. Your team can select a 10 minute massage service. We can curate the experience for you, select one type of massage station or a variety of stations. Wellness stations include, hand, scalp and chair massage.



Massage Circuit:

\$300 (10 guests/ 1 station/ 2 hours)

\$600 (11-20 guests/ 2 stations/ 2 hours)

\$900 (21-30 guests/ 3 stations/ 2 hours)

\$1200 (31-40 guests/ 4 stations/ 2 hours)

Meals that Satisfy and Reward

You picked the Explore More experience package. That means your team is full of energy and likes to get outside, get moving, and maybe even get a little competitive. With all this activity and energy spent, you need to prepare and reward your team with meals that **SATISFY**. Our Explore More package is designed with hearty meals to replenish energy and fill you up!

Menus that Make You Feel Good

The 100-Mile diet concept is a healthy, environmentally friendly, and delicious way to eat. It is a great way to support our local economy and local farmers. It will also help to find a greater appreciation for food and we see first-hand what it takes to grow it. Menu items in your meals will contain key ingredients from our greenhouse and garden projects.

Partnerships with Local Producers

★**LOCAL HONEY:** We have a partnership with a local apiary. We source fresh honey for serving our guests and as an ingredient in our menus.

★**LOCAL EGGS:** Our owner developed a partnership with an Amish farm family where we purchase 100+ dozen eggs every week. We serve our guests these farm fresh eggs!

Our Menu and Service Commitment

We have delicious and energy-infusing selections for refreshment breaks and meals that provide an extra boost before you head out for activities.

★**BREAKFAST:** Southwest breakfast or LW Fusion Buffet (hearty breakfast with lots of carbs to fuel your morning and get you ready for the adventure the team is embarking on that day).

★**BREAKS:** The Pick Me Up and the Snacker give you lots of energy to fuel your body. Add energy drinks to the mix for lots of stamina!

★**LUNCH ON THE GO:** Pick the Boxed Lunch option for group to head out for an afternoon on the resort property.

★**BUFFET LUNCH:** Build Your Own Sandwich and Build Your Own Power Bowl give you tons of options to build an energy-packed meal.

★**BUFFET DINNERS:** Farmhouse Dinner Buffet or the Southwest Dinner Buffet make excellent choices. Select menu items that are hearty and rewarding after a fun-filled day of activities.

★**PLATED MEALS:** Go for hearty and filling to satisfy and feel justified that it's a 'cheat day' after an active day where lots of calories were burned. Premium Reception menu and a plated dinner, which is more traditional for golfers. Refuel to get energy back for a night of dancing at Bear Estate.

