



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Women's Wellness Weekend

YMCA Trout Lodge

February 20-22, 2026

Workshop Schedule

Scheduled activities are subject to change

Friday, February 20

1-4 PM	Bluff View Ride
3:30-10 PM	Check-in at Trout Lodge
5:30-6:15 PM	Dinner - First Shift
6:15-7:00 PM	Dinner - Second Shift
3-5 PM	Stepping Stones
6-8 PM	Glass Infusion Suncatchers
7:15-9 PM	Evening Program

Saturday, February 21

7:30-8:15 AM	Breakfast - 1st shift
8:15-9 AM	Breakfast - 2nd shift
9-10:15 AM	Session 1
10:45-12 PM	Session 2
12-12:45 PM	Lunch - 1st shift
12:45-1:30 PM	Lunch - 2nd shift
2-3:15 PM	Session 3
3:45-5 PM	Session 4
5:30-6:15 PM	Dinner - First Shift
6:15-7 PM	Dinner - Second Shift
7:30-10:30 PM	Evening Program

Sunday, February 22

7:30-8:15 AM	Breakfast - 1st shift
8:15-9 AM	Breakfast - 2nd shift
9-10:15 AM	Session 5
10:45-12 PM	Session 6
12-12:45 PM	Lunch - 1st shift
12:45-1:30 PM	Lunch - 2nd shift

ADDITIONAL ACTIVITIES

Country Store: Gift items, snacks & drinks, YMCA apparel, toiletry items and more will be available.

Hiking: A trail map is at the front desk for a self-guided hike.

Games: Equipment for games are available at the front desk, including mini-golf, tennis, frisbee golf and more.

THE Y IS FOR ALL

We work hard to ensure that everyone has an opportunity to experience Trout Lodge and all of the wonderful activities Women's Wellness has to offer, regardless of abilities. Please contact us for any requests regarding accommodations.

FACILITY INFORMATION

The YMCA of the Ozarks is a modern facility with a variety of lodging, both in the lodge itself or in a private cabin. Some rooms and cabins have a flight of stairs. If you have difficulty navigating stairs, please let us know. You can request a particular type of lodging, but cabins require a minimum of five people. Meals are served buffet-style in our dining room overlooking Sunnen Lake. Vegetarian and gluten-free options are available. For more information about our facility, please visit [https:// gwrymca.org/locations/ymca-trout-lodge](https://gwrymca.org/locations/ymca-trout-lodge).

RESTRICTIONS

We want you to have a wonderful experience here at YMCA of the Ozarks. Because we value your safety, we want you to be aware that there will be no consumption of alcoholic beverages anywhere on property except in the confines of your room or cabin. You are welcome to sign up for a winery tour during class sessions. Any purchases made there must remain in your room.

AGE REQUIREMENT

This weekend is designed for women, and all participants must be at least 18 years old. Winery tours are age 21+.

REGISTRATION INFORMATION

Registration Fee: \$375 per person (\$625 for solo lodging) Fee includes meals from Friday dinner to Sunday lunch, lodging, equipment use, no cost sessions and special events. Some courses require and additional fee and will be listed on the form.

Registration deadline: February 15, 2026 Registrations will be accepted after the deadline if space is available. After this deadline, please call before submitting your form to determine availability. Class changes will not be permitted after February 15, but can be made upon arrival.

QUESTIONS?

Phone: 888-386-9622

E-mail: womens.wellness@gwrymca.org

SENDING IN REGISTRATION FORM

BY MAIL

Women's Wellness
YMCA Trout Lodge
13528 State Highway AA
Potosi, MO 63664

BY E-MAIL

womens.wellness@gwrymca.org

Class Descriptions & Add-Ons

Alpine Tower

(Sessions 1 or 2)

OUTDOORS

Program Staff

Learn beginning climbing techniques as you climb and explore our 50-foot tower. You'll wear a harness and helmet, and be held by a belay system for a safe and fun climb. Closed-toed shoes required.

Anxiety Transformed

(Sessions 2)

Hannah Kline

Using insights from neuroscience, we will explore the spiritual practices and biblical scriptures that can contract how anxiety works in the brain. These methods are rooted in the Christian faith tradition. Books available for purchase.

Archery

(Session 5)

OUTDOORS

Program Staff

Learn how to shoot with a bow. Your instructor will cover basic safety and shooting techniques, and then will open the range for practicing. Close-toed shoes required.

Awakening the Heart: Reclaiming Joy & Purpose After Loss

(Sessions 2 or 5)

Teresa Reiniger

\$20 - Payable to instructor

In this restorative session, participants are gently guided through reflective conversations and exercises that nurture healing and emotional renewal. We'll explore how to honor what's been lost, while opening the door to peace, purpose and hope.

Axe-Throwing

(Session 6)

OUTDOORS

Program Staff

Learn how to throw an axe. Your instructor will cover basic safety and throwing techniques. Close-toed shoes required.

Beginning Bookbinding

(Session 6)

Wendi Corbin-Reeder

Create a simple, custom book you can use as a journal or jotting notes! A selection of materials will be provided along with examples of more advanced handmade books for inspiration. Participants can also to learn the history of bookmaking and how to try more advanced techniques.

Bluff Ride

(Friday, 1-4 PM)

OUTDOORS

Ranch Staff

\$60 - Charged to room with card on file

Join us on a 2 hour long trail ride with our experienced wranglers and horses to our beautiful Bluff site, overlooking the lake.

Body Stress Release

(45 minute sessions available all weekend)

Sherri Hered

\$45 - cash only, payable to practitioner

Feel the gentle release of the muscles that surround the spine, allowing the nervous system to recommunicate.

Boot Camp

(Session 6)

Valerie Harris

Run through a combination of cardio drills mixed with body weight strength and ab workouts in this round rob boot camp style class.

Booty & Abs Blast

(Session 1 & 5)

Jennifer Brooks/Stephanie Larkin

Fire up your core and sculpt your lower body in this high energy workout focused on strengthening your glutes and abs. All fitness levels welcome.

Brewery Tour

(Session 4)

Edg-Clif Winery

Price varies

Take a tour and taste six on-site brewed beers from this local brewery. A shuttle leaving from the 4th Floor Lobby will take you to the brewery located just down Highway AA on a 550- acre private estate nestled in the Ozark Highland appellation.

Butterflies of Missouri and Illinois

(Session 6)

Laura Million

You probably know Monarchs and Swallowtail butterflies. But there are hundreds more - if you know where to look. Learn more about butterflies that live in the Midwest, including their habitat, food needs and how to attract them to your yard.

Candle Making

(Session 4)

Arts & Crafts

\$20 - charged to your room with credit card on file

Create works of art with sand, wax, seashells and more.

Canopy Zip

(Session 3 & 4)

Program Staff

Experience the thrill of our 350 ft. forest zip line! Closed toed shoes required. Max weight 250lbs.

Ceramics

(Sessions 1, 2, 3, 4)

Arts & Crafts

Prices vary - payable to Arts & Crafts at time of session

We have a good selection of ceramic pieces - figurines, dishes, holiday items, banks, boxes and so much more. Spend time letting your creative juices flow. We also have specialty glazes that you simply brush on, letting the kiln do all of the work. Must be fired overnight.

Circl Mobility x Strong Nation

(Session 1 or 5)

Lauren Repp x Danisha White

Rev up your wellness weekend with this dynamic duo! Start with a heart pumping, 30-minute Strong Nation session, where powerful music drives your bodyweight, cardio and muscle conditioning moves to the next level. Then, unwind with 45 minutes of Circl Mobility, a restorative practice designed to enhance flexibility reduce stiffness and restore balance. Please bring a workout mat.

Crystal Healing: Chakra Clearing and Alignment

(30 minute sessions available all weekend)

Bambi Duncan

\$30 - cash only, payable to instructor

Natural crystals will be placed around the body at specific chakra points to clear blockages and provide alignment.

Daylilies: Not Your Grandma's Ditch Lilies

(Session 4)

Laura Million

When you think of daylilies, do you think of the orange ones you see on side of the road or do you think of the yellow ones in landscaping? In this session, we will cover what a daylily is, how to grow and care them, how to split them and how hybridizers create new varieties.

Design Your Own Herbal Tea: Crafting Wellness in a Cup

(Sessions 2, 4, 5, & 6)

Erin Chandler

\$10 - Payable to the instructor

Step into the world of herbal tea blending and discover how to create a brew that supports your unique needs. You'll leave with a custom blend, your recipe card and the knowledge to continue creating teas at home.

Discover Homeopathy

(Sessions 1, 2, 3, 4, 5, & 6)

Julie Eggemeyer

Discover a gentle, natural approach to everyday wellness. Learn what homeopathy is, how it works, and why so many families rely on it - no experience needed.

Forest Bathing (Shinrin-yoku)

(Sessions 1 & 6)

Paige Peraud

A one and a half hour gentle journey through the forest following the Japanese practice of Shinrin-yoku, or forest bathing. We will focus on breath, mindfulness, meditation and gentle stretching.

Foundational Formula

(Sessions 3 & 4)

Angela Meier

\$10 - Payable to the instructor

Break through much of the hype and misinformation around nutrition and learn a science based framework for creating a healthy diet regimen and identifying sound nutritional facts..

Gentle Yoga

(Session 4 & 5)

Holly Ohmes

\$15 – payable to instructor at time of class.

Gentle yoga is a calming, all levels class with gentle breaths and a slow pace. We will move out of a stress mode, release tension and restore a sense of balance.

Glass Infusion Pendants

(Session 1 & 3)

Susan Wright

\$40 – payable to Arts and Crafts center at time of class.

Experience the process of carefully arranging and layering Dichron glass to be fired in kiln, fusing into a glass pendants.

Horsemanship

(Session 1)

Ranch Staff

Learn the basics of grooming and saddling a horse, then head to the arena for a basic riding lesson. By Triangle Y Ranch Staff

InTune

(Sessions 1 & 5)

Toni Jackson

\$10 – payable to instructor at time of class.

Increase your mobility and flexibility through therapeutic breathing exercises and specific muscle movements, designed to reduce stress and tension, as well as promoting well-being and inner healing.

Kickboxing

(Sessions 2 & 4)

Valerie Harris

Explore a variety of mixed martial arts in this 75 minute no contact kickboxing class set to music.

Landscaping: A Beginner's Approach

(Session 2)

Laura Million

Do you have an area of your yard that needs attention or a bare spot begging for color? Create a plan for your landscaping and pick the right plants for the right place.

Leather Bound Journal Making

(Sessions 1)

Wendi Corbin-Reeder

\$15 – payable to instructor at time of class.

In this hands-on class, you'll create a simple, refillable leather journal cover – perfect for everyday notes or creative writing. No experience needed, and all materials are provided.

Let's Read!

(Sessions 3)

Hannah Kline

Wanting to make connections and get book recommendations to get through this winter? Bring whatever you're currently reading and we'll introduce ourselves and our books.

Let's Sing!

(Sessions 6)

Hannah Kline

Did you know that singing improves lung capacity, release endorphins and regulates blood pressure? Join us for a session of singing! We'll choose from hymns and choral arrangements and may sing acapella.

LM Body Combat

(Sessions 3, 4, & 6)

Debbie Adams

High energy martial arts inspired workout with NO contact. Punch & kick, burn calories and have fun! The variety of exercises will get your heart rate up and strengthen your abs, glutes and core.

Mahjong: Let's Play!

(Sessions 4)

Bernadette Estrada/ Becky Cooper

Using the information learned in session 3, this session builds on the basics and includes game play with hands-on guidance and tips.

Mahjong: The Basics

(Sessions 3)

Bernadette Estrada/ Becky Cooper

Meet the tiles, review the cards and learn the national Mahjong League rules in this introductory lesson. No experience needed.

Make Your Own Scarf

(Sessions 1 & 5)

Kristy Brown

\$30 – payable to instructor at time of class.

Hand knit your own scarf. All materials are provided. Just bring your hands and leave with a warm fuzzy scarf made by you.

Mix It Up

(Session 1, 2 or 5)

Lisa Killoren

All over body/toning workout including cardio and use of weights for arm, legs, abs, etc. while showing progressions and modifications. (Bring mats)

Mosaics

(Session 6)

Arts & Crafts

Prices vary – payable to Arts & Crafts at time of session

Start with a base of your choice – ornament, trivet, various picture frames and more – and adhere tiles, stones, colored glass and more. Go abstract or create a specific design.

Mountain Ride

(Session 2, 3, 4, 5 & 6)

Ranch Staff

Join our wranglers for a two-mile trail ride designed to show off our beautiful Ozark foothills. Long pants/sturdy shoes are required.

Natural Crystals: How Can They Help You?

(Session 1, 2, 5, and 6)

Bambi Duncan

\$10 – payable to instructor at time of class.

Explore the world of natural crystals and their healing properties.

Nature Adventures

(Session 3 and 5)

OUTDOORS

April Anderson

Discover the beauty and wonders of the Ozarks by reconnecting nature through mindful adventure. Please dress for the weather, as we'll be hiking outdoors.

Ozarks Antique Market Tour

(Session 1/2)

Program Staff

Check out the local antique stores for treasures new and old! Limited space available. Due to drive time, this program takes up both sessions 1 & 2.

Paint & Pour

(Sessions 2)

Arts & Crafts

Prices vary – payable to Arts & Crafts at time of session

Enjoy an instructor-led masterpiece painting session. This will be your beautiful creation and a great way to let your creative side fly!

Painted Wine Bottle Windchime

(Sessions 1, 3, & 5)

Donna Shinn/ Gloria McCart/ Deb White

\$18 – payable to instructor at time of class

Windchime wine bottle, paints, sealant, and decorative beads all provided to make your own beautiful creation.

Pickleball

(Sessions 2, 3, 4, & 6)

Open Play

Pickleball is a paddle sport that combines elements of badminton, tennis and ping pong. Imagine a court like badminton, a net similar to tennis and using a paddle much like ping pong. It's big fun and very popular.

Reiki

(30 min sessions available all weekend)

Kristy Brown

\$45 – payable to the instructor

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. Reduces stress and anxiety, promotes relaxation and better sleep, enhances emotional well-being and more!

Relaxation Pampering Spa Class

(Session 1, 2, 5, & 6)

Elaine Hall/Vicki Rademacher/Angel Schoenberger

\$10 – payable to instructor at time of class.

Get pampered with a shoulder massage and a moisturizing foot treatment using warm spa socks in a candle lit room with soft music and aromatherapy. Then, make your own hand treatment using organic sugar, oil and essential oils to take home.

Restorative Yoga – Joy Up!

(Session 1 & 6)

Sandy Fenili

\$10 – payable to instructor at time of class.

90 minute restorative yoga designed for women seeking rest and renewal. Through gentle, supported poses and guided meditation, you'll release tension, calm your mind and reconnect. All levels welcome.

Riflery

(Session 1 & 2)

OUTDOORS

Program Staff

Head out to the rifle range to learn about .22 caliber rifles. You'll have the opportunity to handle, load and shoot a rifle.

Shotgun Basics

(Sessions 3 & 4)

OUTDOORS

Program Staff

Head out to the shotgun range to learn about shotguns. You'll have the opportunity to handle, load and shoot a shotgun. Close-toed shoes required.

Slow Flow Yoga

(Sessions 2, 3, 4, & 5)

Tonya Richardson/ Cayman Carr

Gentle and unhurried, this class emphasizes mindful movement and longer holds, creating space to deepen breath and ease into each posture while offering advanced options for those wanting more challenge.

Soul Renewal Reiki and Reading Session

(30 minute sessions available all weekend)

Jen Faulkner

\$55 – payable to reader, see registration form to sign up

A deeply restorative session blending Reiki energy healing, tuning forks, and crystal work to clear, align and renew your energy. Each experience is intuitively guided and uniquely tailored to your soul's needs. At the end of your session, you'll receive a personalized intuitive reading offering insight and guidance to help you integrate your healing.

Stepping Stones

(Friday 3-5 PM)

Arts & Crafts

\$25 – register & pay in advance.

Make your own garden concrete stepping stone using colored glass and gems. Must dry for two days.

Suncatchers

(Friday 6-8 PM)

Arts & Crafts

\$35 – register & pay in advance.

Guided assembly of glass to create sun-catchers fused in kiln.

T'ai Chi/ Qi Gong

(Sessions 1 & 3)

Holly Ohmes

\$15 – payable to instructor at time of class

Tai chi and qi gong are both ancient Chinese practices that combine slow movements, breathing exercises, and meditation. They are both considered mind-body practices that can help with balance, circulation, and alignment.

Tarot Card Reading

(30 min sessions available all weekend)

Kristy Brown

\$30 – payable to reader, see registration form to sign up.

Tarot reading is the practice of divining wisdom and guidance through a specific layout of Tarot cards, meant to provide insight into the innermost truths of your higher self.

The Power of Prevention

(Session 3 or 6)

Jane Kaiser

Improve the quality and quantity of life. Positive lifestyle modifications, changes and choices, to prevent, delay, manage and sometimes reverses chronic disease with diet and exercise. You can do what super healthy people do.

Tye-Dye

(Session 5)

Arts & Crafts

\$25 – payable to Arts & Crafts at time of session

Join our staff for tye-dye, a method of dyeing by hand in which colored patterns are produced in the fabric by gathering together many small portions of material and tying them tightly with string before immersing

the cloth in the dye bath. The dye fails to penetrate the tied sections.

Winery Tour

(Session 2 or 3)

Edg-Clif Winery

Price varies – payable to Edg-Clif at time of tour

Take a private tour of Edg-Clif Farms and Vineyard. A shuttle leaving from the 4th floor lobby will take you to the vineyard located just down Highway AA on a 550-acre private estate nestled in the Ozark Highland appellation. Tour the vineyard, then enjoy a private tasting.

Woodworking

(Session 5 & 6)

YMCA Staff

\$15 – charged to your room with credit card on file

Learn how to operate a jig saw, chop saw and drillers, proper use of wood glue and fastening techniques. Make a garden tool box, then enjoy expert answers to questions about how to complete those little household projects that just don't ever seem to get done. Close-toed shoes required.

2026 Women's Wellness Weekend Hoodie

Get your 2026 Women's Wellness Weekend Hoodie! **Must be ordered in advance.** Payable with registration.

Small-XL: \$40;

2XL-4XL: \$45



2026 WOMEN'S WELLNESS REGISTRATION FORM

Name: _____ Address: _____

City: _____ State: _____ Zip: _____

Phone: (____) _____ Email: _____

Session Selection (required)

Please provide four different choices for each session by placing the code (see previous page) corresponding to the course in the appropriate box below. Each participant must complete a registration form. If you have a class you absolutely don't want to miss, let us know by circling that code. If you've requested it during a session that is full, we will make every effort to assign you to that class in an alternate time slot.

NOTE: If you do not list four choices, you will automatically be given Free Time if your chosen session is full. If all four are listed, we will ensure that you get one of your four choices.

Session	1	2	3	4	5	6
1st Choice						
2nd Choice						
3rd Choice						
4th Choice						

Check Additional Optional Activities

Bluff View Ride Cost: \$60, charged to room **Stepping Stones** Cost: \$25, charged to room **Suncatchers** Cost: \$35, charged to room

____ 1-3 PM: Friday, February 20

____ 3-5 PM: Friday, February 20

____ 6-8 PM: Friday, February 20

Note: If you decide after you arrive that you would like to do a stepping stone, simply go to Arts & Crafts to see if there is an open slot available.

Body Stress Release

Fri: 4 pm, 6-7 pm; Sat: 9-11 am, 1-4 pm, 6-7pm; Sun: 9-10 am

Sessions start on the hour. Choose your six choices below, identifying the day and one-hour block of your choice. Don't list a time during a class you do not want to miss! First-come, first-served.

Cost: \$45 cash payable to practitioner

Choice	1	2	3	4	5	6
Day						
Time						

Crystal Healing: Chakra Clearing & Alignment

Fri: 6-7:30 pm; Sat: 1-4:30 pm and 6- 7 pm

Sessions start on the half hour. Choose your six choices below, identifying the day and half-hour block of your choice. Don't list a time during a class you do not want to miss! First-come, first-served.

Cost: \$30 cash payable to practitioner

Choice	1	2	3	4	5	6
Day						
Time						

Soul Renewal Reiki and Reading Session

Fri: 4-4:30pm, 6-7:30pm; Sat: 9am-11:30am; 1-4:30pm and 6- 7pm; Sun: 9-11:30am

Sessions start on the hour. Choose your six choices below, identifying the day and one-hour block of your choice. Don't list a time during a class you do not want to miss! First-come, first-served.

Cost: \$55 cash payable to practitioner

Choice	1	2	3	4	5	6
Day						
Time						

Tarot Card Reading or Reiki

Fri: 6-7:30 pm; Sat: 10:30-11:30 am, 1-5 pm, 6-7pm; Sun: 10:30-11:30am

Sessions start on the hour. Choose your six choices below, identifying the day and one-hour block of your choice. Don't list a time during a class you do not want to miss! First-come, first-served.

Cost: Tarot -\$30, Reiki - \$45; cash only, payable to practitioner

Choice	1	2	3	4	5	6
Day						
Time						

2026 WOMEN'S WELLNESS REGISTRATION FORM

Name: _____

Phone: (____) _____

Email: _____

Meal Shift Request (Required)

Times listed below indicate time you need to arrive for each meal. Meal shift requests are not guaranteed. If your requested shift is full, we will assign you to another shift. If you are coming with friends, we will try to assign everyone to the same mealtime. Your meal shift will remain the same throughout your stay.

_____ Meal Shift 1 (Breakfast: 7:30 am; Lunch 12 pm; Dinner 5:30 pm)

_____ Meal Shift 2 (Breakfast: 8:15 am; Lunch 12:45 pm; Dinner 6:15 pm)

Fees & Roommates

Sharing a room: Registration fee is \$375 per person.

Room to yourself: Registration fee is \$625 per person.

You must send in your completed registration form with payment before we can reserve a room for you. The fee listed above includes your lodging, buffet meals and all no charge activities/classes. It does not include any classes which carry an additional charge.

Singles: You can reserve a single room for one person for \$625, or you can pay the \$375 registration fee if you agree to have a roommate assigned (or you already have another person coming that will be rooming with you). If you agree to a roommate, you will not be in a room with more than one other person.

Three-four people: If you are coming with three to four people, you will be assigned to either a guest room with two queen beds or a loft suite with two queen beds and a rollaway bed.

Five or more people: If you are bringing five or more people as a group, we will assign you to a cabin if one is available (maximum is 10 people per cabin). If all cabins are already reserved by the time you submit your registration form and payment, we will assign separate rooms in the lodge. You can request to be split up into guest rooms in the lodge if you prefer. It is helpful, but not required, for roommates to send in all of their registration forms together.

Please list the names of roommates (not including yourself), if any:

1. _____

6. _____

2. _____

7. _____

3. _____

8. _____

4. _____

9. _____

5. _____

Payment

If you are paying for more than one person, please send in all registration forms together and list their names below:

1. _____

3. _____

2. _____

4. _____

Registration fee (\$375 per person or \$625 for a single room)

\$ _____

Hoodie—options (\$40 or \$45 per person based on size selected)

\$ _____

Total Enclosed

\$ _____

_____ **Check enclosed** (payable to YMCA of the Ozarks)

_____ **Charge my credit/debit card.** Please call to pay by credit/debit card at 888-386-9622 Mon-Fri 9 am – 3 pm. We accept Visa, MasterCard, Discover and American Express. *(Reservation will not be made until you call in your card information AFTER submitting this registration form)*

Cancellation Policy

If you cancel on or before February 1, 2026, a \$50 processing fee will be deducted from each registration fee, and the remainder of the fee will be returned to you. Registrants who do not attend and who do not cancel by February 1, 2026 will be responsible for the full program fee. I agree to accept the conditions set forth in the cancellation policy.

Signature (required)

Date