



ALL-AMERICAN FITNESS RETREAT PORTUGAL ADVENTURE

May 6-11, 2024

\$3,450 - All Inclusive Retreat (Excl. Airfare)
\$3,850 - Single Room Upgrade (Excl. Airfare)

Avizaqqua Team Center

Aviz, Portugal

All American Fitness Retreat is Excited to bring you to Portugal!

Join us in May for a one of a kind fitness experience in Portugal led by Judy Wilson and Kelly Cory. This retreat is welcoming to all levels of fitness enthusiasts and will be an all inclusive retreat to include lodging, meals, fitness sessions, informational discussions and still have time to explore the local area. Home base will be Avizaqqua Team Center located on the water in Aviz, Portugal. This camp will be limited to 8 people to maintain at most a 1:4 coach ratio to provide a good experience.



Retreat Details

- Retreat is 6 days + 5 nights
- All meals, snacks, drinks, lodging and excursions are INCLUDED! Retreat fee is based on double occupancy (for single upgrade add \$400)
- Lodging is in private rooms (up to 2 occupants) with private bath
- Airport transfer from Lisbon (LIS) to camp is INCLUDED
- Sessions to include cardio, strength, stretching, coaching on various activities such as strength training, rowing, running, swimming, injury prevention, nutrition, etc



Avizaqqua Team Center
[Click Here for Club Website](#)

Hotel Herdade da Cortesia:
[Click Here for Hotel Website](#)



For Questions please contact
Kelly Cory at 386-416-9692
Judy Wilson 865-441-0881
kelly@maximized-nutrition.com
kjwilson@gmail.com



FITNESS RETREAT SCHEDULE

- May 6 Arrive Lisbon Airport after overnight flight
Depart Lisbon Airport with group
1pm Arrive at Hotel da Costesia for lunch
Check in/rest/explore area
3pm Meet and greet in lobby followed by orientation of facility
6:30p Dinner and Bed!
- May 7-10 7am Coffee & snack
7:30a Fitness session 1 (to include hike/run, row, circuit, etc)
9:45am Breakfast
10:30am Education session (to include nutrition, injury prevention, goal setting, coach Q&A, etc)
12:30pm lunch
2pm Afternoon excursion (to include wine tasting, olive oil presses, Cork orchards and MUCH MORE)
7pm Dinner at Hotel with reflections of the day
- May 11 7am Last Breakfast
End of camp with van departing for Lisbon Airport for flights

Schedule is subject to change based on weather, equipment and circumstances beyond our control. It is our intention to offer the highest quality fitness coaching and travel experience possible.



May 2024 All-American Fitness Retreat

Aviz, Portugal

Mail registration and deposit to:

All-American Rowing Camp
2770 Red Wing Village
Deland, FL 32720

Registration Deadline is March 1,2024. Retreat is limited to FIRST 8 deposits.
See Payment Schedule Below. Deposits are NON Refundable but are Transferable

Make check payable to: All-American Rowing Camp, LLC
Venmo Payments accepted @ Rowcamp1999

Name _____
Address _____
City _____ State _____
Zip Code _____

NAME	CAMP	PAYMENT 1	PAYMENT 2
	SINGLE	DUE 3/1	DUE 4/1
	OCCUPANCY	\$1925	\$1925
	DOUBLE		
	OCCUPANCY	\$1725	\$1725

Mobile Phone: _____ E-Mail _____
Home Phone: _____
Insurance Carrier and Policy Number _____

IN CASE OF EMERGENCY CONTACT:

_____ Relationship _____

Waiver Statement (Must be signed to participate)

I recognize that because of the potentially hazardous nature of this activity that an injury might be sustained. In the event of such an injury to myself, if I or my spouse cannot be contacted, I give my permission to the attending physician to render such treatment as would be normal and agree to pay the usual charges for such treatment. I now release the All-American Rowing Camp, LLC., Mark R., Judy B. Wilson and Kelly Cory, Hotel Herdade da Cortesia, Avizaqqua, US Rowing, its employees, volunteers, agents, and assigns from responsibility for any personal injuries to property caused by or having any relation to this activity. I understand that this release applies to any present or future injuries and that it binds my heirs, executors and administrators. I understand that participants may be videotaped or photographed during this activity. I have read this release and understand all of its terms. I sign voluntarily and with full knowledge of its significance.

Signed _____ **Date** _____

All Questions should be directed to Judy Wilson 865-441-0881

*If you are interested in Travel Insurance Please check with either of these companies. Both come highly rated. **World Nomads** or **Travelex** Be sure to read trip limits and what is covered. With World Nomads you will want the Explorer option as it will cover **BOTH** your airfare and your Fitness trip.*

Who are your Coaches?



KELLY CORY

**BS SPORTS MEDICINE/ATHLETIC TRAINING
MS PERFORMANCE ENHANCEMENT/INJURY PREVENTION
NATIONAL ACADEMY OF SPORTS MEDICINE-SPORTS
NUTRITION COACH
TRIDOT COACH
CERTIFIED ATHLETIC TRAINER
CERTIFICATIONS HELD INCLUDE CERTIFIED STRENGTH AND
CONDITIONING SPECIALIST, PERFORMANCE ENHANCEMENT
SPECIALIST, PERSONAL TRAINER, USAT TRIATHLON COACH**

KELLY HAS BEEN IN HEALTH AND WELLNESS FOR OVER 25 YEARS. SHE HAS WORKED WITH PEOPLE OF ALL AGES AND ABILITIES FROM HIGH SCHOOL, COLLEGE, AND OUTPATIENT CLINIC AS AN ATHLETIC TRAINER. THROUGH HIGH SCHOOL AND COLLEGE KELLY WORKED IN VARIOUS GYMS DOING PERSONAL TRAINING. ONCE SHE STARTED RUNNING SHE HELPED TRAIN PEOPLE TO RUN MARATHONS UNTIL FINDING TRIATHLON IN 2010. SINCE 2010 SHE HAS COMPLETED 8 IRONMANS QUALIFYING FOR THE WORLD CHAMPIONSHIP TWICE. SHE HAS ALSO BEEN TO 5 70.3 WORLD CHAMPIONSHIPS AND HAS RUN THE BOSTON MARATHON 3X. RECENTLY KELLY HAS INCLUDED NUTRITION COACHING WITH MAXIMIZED NUTRITION BASED ON HOW IMPORTANT NUTRITION HAS BECOME IN HER OWN JOURNEY. KELLY IS PASSIONATE ABOUT HEALTH AND FITNESS AND ENJOYS SHARING HER PASSION WITH OTHERS TO HELP THEM REACH THEIR PERSONAL GOALS.

JUDY WILSON



**BS EXERCISE SCIENCE
MS KINESIOLOGY
US ROWING LEVEL II COACH
USA TRACK AND FIELD LEVEL II COACH
CERTIFICATIONS HELD INCLUDE AMERICAN COLLEGE OF SPORTS
MEDICINE EXERCISE SPECIALIST, WELLNESS, PERSONAL
TRAINER, LIFE SKILLS INSTRUCTOR**

FOR OVER THIRTY YEARS, JUDY HAS COACHED ALL LEVELS FROM JUNIOR HIGH TO MASTERS ATHLETES IN RUNNING, STRENGTH TRAINING, AND INDOOR ROWING. JUDY HAS COACHED AT INDIANA UNIVERSITY, UNIVERSITY OF CONNECTICUT, SOUTH FLORIDA UNIVERSITY AND IS CURRENTLY THE CROSS COUNTRY COACH AT DAYTONA STATE COLLEGE. SHE EXCELLED IN DISTANCE RUNNING IN HIGH SCHOOL AND COLLEGE, RUNNING IN THE OLYMPIC TRIALS IN 1988. OVER HER 30+ COACHING CAREER, SHE HAS DEVELOPED RUNNERS OF ALL AGES, WORKING WITH BEGINNERS TO MARATHONERS. SHE HAS COMPLETED SEVERAL MARATHONS, HALF IRONMANS, ROWING COMPETITIONS, BUT ALSO ENJOYS SEEING OTHERS IMPROVE AND REACH GOALS. THROUGH HER WORK AS A PERSONAL TRAINER AND AS AN EMPLOYEE WITH THE YMCA ORGANIZATION, SHE HAS WORKED WITH THE AGING AND DISABLED. HER STRENGTH AS A COACH IS HER ABILITY TO ASSESS SOMEONE'S CURRENT FITNESS LEVEL AND BUILD IN A PROGRESSIVE AND SAFE MANNER. JUDY HAS ASSISTED WITH CAMPS AND RETREATS IN CROATIA, ITALY, SWITZERLAND, FRANCE, AND AT HER HOME IN DELAND, FL.