

# Waves & Wellness Weekend

Bluefin Bay Family of Resorts | November 12-14, 2021



Note: All events (except spa services) are complimentary for guests of Bluefin Bay, Surfside and Temperance Landing. Events listed below are specifically for Waves & Wellness participants and are female-focused events. Advanced sign-up required.

## Schedule of Events

**All Weekend:** Enjoy some pampering at Waves of Superior Spa. The spa will be offering 10% off on services all weekend when you mention Waves and Wellness.

### Friday, November 12

10:00-12:00 p.m. – [Guided Hike](#) at Caribou Falls

2:00-4:00 p.m. – [Guided Painting Class](#) at Waves of Superior Café

6:00-8:00 p.m. – Lake Superior Beach Bonfires at Tofte Cove. No sign-up necessary. Enjoy stargazing, wave watching and good company. We'll have several beach bonfires set up at our private beach at [Tofte Cove](#). S'mores will be provided but feel free to BYOB (no glass containers, please).

### Saturday, November 13

8:00-8:45 a.m. – [HIIT Cardio Class](#) at Tofte Room

9:00-10:00 a.m. & 10:15-11:15 a.m. – [Yoga](#) at Tofte Room

1:00-4:00 p.m. – [Guided Bonfire Hike](#) at Onion River

2:00-4:00 p.m. – [Guided Wood Burning Class](#) at Waves of Superior Café

5:00-7:00 p.m. – [Signature Event: The Happy Hour Effect](#) with speaker Kristen Brown with wine hosted by North Shore Winery and appetizers hosted by Bluefin Grille

### Sunday, November 14

8:30-9:30 a.m. – [Yoga](#) at Waves of Superior Café Ballroom

10:00 a.m.-12:00 p.m. – [Guided Hike](#) at Temperance River State Park



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