

# FMS 09' Itinerary

## Friday

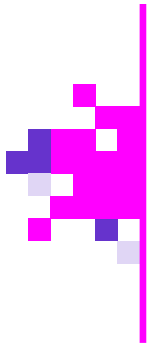
### As-salamualaikum Fit Muslimah

Below you will find the detailed itinerary for FMS 09' (fit Muslimah summit 09). As you can tell **we packed this year's summit full**. We are excited to have new presenters and fitness instructors, in addition to the convenience of the event being **an all inclusive weekend retreat** as oppose to the day event we held in the past years. The very affordable price includes all room and board, 3 halal meals and afternoon snack each day that allows and full access to the private grounds of a beautiful retreat center in the rolling hills of northwestern hills of CT. The retreat was designed with Adults in mind and the beautiful retreat center reflects that mindset. Full and queen size beds, outdoor swimming pool, recreation field and nature trails all await the Fit Muslimah who's ready to **join the Fit Muslimah Revolution!**

This year's registration is a little different from the registration in the past. Instead of choosing individual classes and workshops, when you register you will choose your "track": weight loss, wellness or youth. We recommend you choose according to your broader goals. The biggest difference between weight loss and wellness "tracks" are the amount of physical activity. Weight loss "track" has much more physical activity and classes focused on diet, nutrition and weight management. All girls between 7 and 15 will automatically be put in the youth track. The good news is you may be able to attend classes in the other track if there is room. We are very adamant that each one of you find your own path to wellness and benefit from the information and activities in a way that allows you to be motivated to improve your health and fitness but most of all HAVE FUN!

We look forward to see you in July  
 Masallamah  
 FMS 09 Retreat Committee

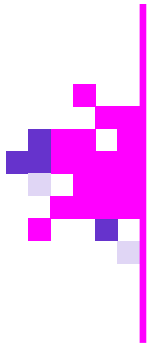
	WEIGHT LOSS	WELLNESS	YOUTH
3:00		CHECK-IN (ASR)	
4:30	GET S.M.A.R.T "FITNESS GOAL SETTING" W/ MUBARAKAH IBRAHIM	DR 911: WHAT NOW? W/ DR. ALIYAH MORGAN	BREAK THE ICE INTRODUCTION N GAMES
5:30	GET LEAN: MUSCLE STRENGTHENING W/ MONICA ABDUL-SALEEM	EMOTIONAL FREEDOM TECHNIQUE: NAEEMAH MUHAMMAD	"I'M GONNA DO ME" SELF ESTEEM W/ NAJLA MUHAMMAD
6:30	DINNER	DINNER	DINNER
7:30	JUST MOVE IT HANEFAH SALEEM	WALK AEROBICS W/ MONICA ABDUL-SALEEM	WII PARTY
8:30	MAGRIB/ISA	MAGRIB/ISA	MAGRIB/ISA
9:30		INTRODUCTIONS- GAMES	



# FMS 09' Itinerary

## Saturday

	WEIGHT LOSS	WELLNESS	YOUTH
4:30 AM	FAJR	FAJR	FAJR
5:30 AM	QIRAT (QURAN RECITATION)	QIRAT (QURAN RECITATION)	QIRAT (QURAN RECITATION)
6:30 AM	OUTDOOR FITNESS BOOT CAMP W/ MUBARAKAH		
7:30 AM	GET REFRESHED	POWER YOGA W/ HANEEFAH SALEEM	
8:30 AM	BREAKFAST	BREAKFAST	BREAKFAST
9:30 AM	SEVEN LAWS OF HEALTHY LIVING: BASIC RULES FOR A BETTER LIFE W/ JEANETTE HUBLULLAH	HYPNOSIS W/ NAEEMAH MUHAMMAD	"TALK TO ME NOT AT ME" EFFECTIVE COMMUNICATION W/ YASMIN IBRAHIM
10:30 AM	WATER AEROBICS	BUILDING A LIFESTYLE OF UNIVERSAL HARMONY W/ JEANETTE HUBLULLAH	HIKING
11:30 AM	FREE SWIM	ABSOLUTE FITNESS W/ MONICA ABDUL-SALEEM	TURN THE CHANNEL "A DIFFERENT TALK TO THE HAND TECHNIQUE" W/ MUBARAKAH IBRAHIM
12:30 PM	LUNCH	LUNCH	LUNCH
1:30 PM		KEY NOTE ADDRESS: MUBARAKAH IBRAHIM <i>"YOU CANNOT STOP THE WAVE BUT YOU CAN LEARN TO SWIM"</i>	
2:30 PM	PHYSIOLOGICAL TYPING PART I W/ KARIMA BURNS	FREE SWIM	HIP HOP AEROBICS W/ NAZORINE
3:30 PM	PHYSIOLOGICAL TYPING PART II W/ KARIMA BURNS	WATER AEROBICS	"WHAT'S THE 411" DR. ALIYAH MORGAN
4:30 PM	GET RID OF BELLY FAT W/ HANEEFAH SALEEM	HEALTHY RELATIONSHIP W/ YASMIN IBRAHIM	SWIM
5:30 PM	CORE TRAINING W/ HANEEFAH SALEEM	THE KITCHEN PHARMACY & NUTRITIONAL HEALING W/ KARIMA BURNS	SWIM
6:30 PM	DINNER	DINNER	DINNER
7:30 PM	FREE SWIM	FREE SWIM	DOUBLE DUTCH
8:30 PM	MAGRIB/ISA	MAGRIB/ISA	MAGRIB/ISA
9:30 PM		PINK N WHITE FORMAL EVENING ENTERTAINMENT NIGHT	



# FMS 09' Itinerary

## Sunday

	<b>WEIGHT LOSS</b>	<b>WELLNESS</b>	<b>YOUTH</b>
4:30 AM	FAJR	FAJR	FAJR
5:30 AM	QIRAT (QURAN RECITATION)	QIRAT (QURAN RECITATION)	QIRAT (QURAN RECITATION)
6:30 AM	CARDIO BLAST KICK BOX W/ HANEFAH SALEEM		
7:30 AM	GET REFRESHED	"WALK ABOUT" MORNING NATURE WALK	
8:30 AM	BREAKFAST	BREAKFAST	BREAKFAST
9:30 AM	STAYING MOTIVATED W/ MUBARAKH	WALK AEROBICS W/ MONICA ABDUL-SALEEM	YOGA W/ KAMEELAH
10:30 AM		FAREWELL ADDRESS	