



**Flash Running Wild**

Flexible Fitness for Your Schedule

### ***Shenandoah Retreat Pricing, 2023:***

- *\$650 per person for shared bunkroom accommodation (3 spaces available)  
(+processing fee when registering, which is shared with FRW)*
- *\$850 per person for private accommodation, queen sized bed (4 spaces available)*
- *Accommodation included*
- *All meals included*
- *\$150 deposit due upon registering, with the balance due by August 15, 2023*