

WELLNESS WEEKEND

FRIDAY, NOVEMBER 7TH

- 3:00pm** Arrive to the Ranch! Check-in at the Outfitter's Cabin
- 4:00-5:00pm** Welcome Reception in the Lodge Lounge
- 5:00-5:30pm** Cooking Demo in the Latigo Room
- 5:30-6:00pm** Cocktails & Appetizers in the Lodge Lounge
- 6:00pm** Dinner in the Lodge Dining Room

SATURDAY, NOVEMBER 8TH

- 7:30-9:00am** Breakfast in the Lodge Dining Room
- 9:30-10:30am** Strength and Intervals in the C Lazy U Gym
- 10:30am-12:00pm** Physical & Nutritional Aspects to Energy Management, Understanding how Foods Fuel You
- 12:00-1:30pm** Lunch in the Lodge Dining Room
- 1:30pm** Horseback Ride or Group Guided Hiking Available
- 5:00-6:00pm** Cooking Demo and Hands-on Nutrition Part I - Knife Skills in the Patio House Kitchen
- 6:00pm** Dinner in the Lodge Dining Room

SUNDAY, NOVEMBER 9TH

- 7:30-9:00am** Breakfast in the Lodge Dining Room
- 9:00am** Ranger Tour or Guided Hike Available
- 9:30am** Horseback Ride Available
- 12:00-1:30pm** Lunch in the Lodge Dining Room
- 1:30-3:00pm** Afternoon Session in Patio House/Patio House Kitchen:
The Role of Recovery for Health and Performance
Hands-on Building your Optimal Calendar to Support your Health & Performance
Closing Session: How to Apply Concepts Once you Re-enter Reality
- 3:00pm** Yoga in the Latigo Room
- 5:00-6:00pm** Cooking Demo and Hands-on Nutrition Part II - Seasoning in the Patio House Kitchen
- 6:00pm** Dinner in the Lodge Dining Room
- 7:30pm** Closing Remarks and Branding by the Lodge Fire

MONDAY, NOVEMBER 10TH

- 7:30-9:00am** Breakfast in the Lodge Dining Room
- 10:00am** Check-out of Cabins
Departure -
Happy Trails!



LEISURE ACTIVITIES

- **Unguided Hiking
- **Unguided Fishing
- Horseshoes
- Cornhole
- Pickleball
- Tennis
- Basketball
- Game Room
- Hot Tubs

**Weather Dependent Activity

OUTFITTER'S CABIN

Daily - 7:00am - 7:00pm

THE MERCANTILE AT LUIS OLD PLACE

8:00am - 5:00pm

LAZY YOU HIDEAWAY

Daily (Adults Only 18yrs+)

8:00am-10:00pm

Code: 1905

LAZY YOU SPA

Tuesday - Saturday

10:00am-6:00pm

Schedule Appointments in the
Outfitter's Cabin

GUEST FACILITIES

- Game Room
- Fitness Center
- Guest Office
- Hot Tub
- Daily - 24/7



TRAP SHOOTING

Daily at 12:00pm or 4:00pm
\$50/person

\$25 per additional box of ammunition

HORSEBACK RIDES

Daily at 9:30am or 1:30pm

**ROPES COURSE & ZIP LINE

Daily at 1:30pm

\$70- Ropes & Zip Line

\$30- Zip line Only

Sign-up in the Outfitter's Cabin

RANGER TOUR

Daily at 9:00am

**GUIDED HIKE

Daily at 9:00am & 1:30pm

GROOMING CLINIC

Daily at 11:00am

ARCHERY/HATCHETS/BBS

Daily at 12:00pm & 4:00pm

**GUIDED MOUNTAIN BIKING

Daily at 4:00pm