

# WELLNESS WEEKEND

## THURSDAY, OCTOBER 24TH

- 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

## FRIDAY, OCTOBER 25TH

- 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 and Hands-on Nutrition Part I - Knife Skills in the Latigo Room
- 12:00-1:30pm** Lunch in the Lodge Dining Room
- 1:30pm** Horseback Ride or Group Hike
- 5:00-6:00pm** Cooking Demo in the Patio House Kitchen
- 6:00pm** Dinner in the Lodge Dining Room

## SATURDAY, OCTOBER 26TH

- 7:30-9:00am** Breakfast in the Lodge Dining Room
- 9:00am** Ranger Tour or Guided Hike
- 10:15am** 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 our your Optimal Calendar to Support your Health & Performance  
Hands-on Nutrition Part II - Seasoning  
Closing Session: How to Apply Concepts Once you Re-enter Reality
- 3:00pm** Yoga in the Latigo Room
- 5:00-6:00pm** Cooking Demo in the Patio House Kitchen
- 6:00pm** Dinner in the Lodge Dining Room
- 7:30pm** Closing Remarks and Branding by the Lodge Fire

## SUNDAY, OCTOBER 27TH

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

### OUTFITTER'S CABIN

Daily - 7:00am - 7:00pm

### THE MERCANTILE AT LUIS OLD PLACE

8:00am - 5:00pm

### LAZY U 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 10:00am & 11:00am  
\$50/person

**HORSEBACK RIDES**  
Daily at 10:15am or 1:30pm

**SHUTTLE TO WINTER PARK  
RESORT**  
Daily at 8:00am  
Sign-up in the Outfitter's Cabin



**LEISURE ACTIVITIES**  
Unguided XC Ski  
Unguided Snowshoe  
Ice Skating  
Game Room  
Hot Tubs

**GUIDED SNOWSHOE/XC SKI**  
Daily at 9:30am & 1:30pm

**GROOMING CLINIC**  
Daily at 11:00am & 2:00pm

**DOWNHILL TUBING**  
Daily at 1:30pm

**ARCHERY/HATCHETS/BBS**  
Daily at 4:00pm