



# 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
- 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

## SATURDAY, OCTOBER 26TH

- 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

## SUNDAY, OCTOBER 27TH

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

**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



- \*\*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



\* SIGN-UP FOR ALL  
ACTIVITIES IN THE  
OUTFITTER'S CABIN IN  
ADVANCE

**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