

**Program\***

**Friday, October 22**

4:00pm – 5:00pm	Guests arrive
4:15pm – 4:30pm	Orientation and Property Tour #1
4:45pm – 5:00pm	Orientation and Property Tour #2
5:00pm – 6:00pm	Circuit Training Class
6:00pm – 7:30pm	Zipline, Quad Bungee Jump and Reception
	Low-carb Margaritas and Hor d'oeuvres
7:30pm – 8:30pm	Fiesta! Dinner and Dessert at the Thicket
8:30pm – 9:00pm	Relax and Recharge – Get light jacket
9:00pm – 11:00pm	Movie under the Stars

**Saturday, October 23**

7:00am – 8:30am	Coffee Served Al Fresco in Butterfly Gardens
7:00am – 8:30am	Hikers' Breakfast served in Rio Grande
8:30am – 10:00am	Extreme Mountain Hike to Scenic Outlook
9:00am – 10:00am	3 Mile Mountain Hike to Lake Travis
10:30am – 11:30am	Yoga in the Pavilion
11:30am – 12:00pm	Change Clothes – Robe and Bathing Suit
12:00pm – 1:00pm	Lunch at Balcones Beach
1:00pm – 6:00pm	Massages, Manicures, and Pedicures at the Thicket Veranda
1:00pm – 2:30pm	Horseback Trail Ride through the Texas Hill Country
2:30pm – 4:00pm	Pilates Class
4:00pm – 5:30pm	Water Aerobics
6:00pm – 7:00pm	Cooking Demonstration and Cocktails
7:00pm – 8:00pm	Dinner on the Rio Grande Deck
8:00pm – 8:30pm	Relax and Recharge
8:30pm – 10:00pm	Bonfire at the Lakeside Terrace
9:30pm – 11:00pm	Board Games in the Longhorn

**Sunday, October 24**

7:00am – 8:30am	Coffee Served Al Fresco in Butterfly Gardens
9:00am – 10:00am	Breakfast served in Rio Grande
10:30am – 11:30am	Zumba
11:30am – 12:30am	Archery and Riflery
12:30pm – 1:00pm	Lunch at the Tennis Courts
1:00pm	Depart with a Delicious meal for your Family

We have developed a very high energy program. We want you, our guests to feel free to participate according to your fitness level and personal preference. In addition to the planned events listed in the above itinerary, there are tennis, basketball and volleyball courts, a frisbee golf course, fishing, hiking paths, canoeing and a lake for swimming. These are all available to our guests at any time during their stay.

**\*Program is tentative and subject to change**

Please be sure to pack the following: Robe, Slippers, Tennis Shoes, Exercise Clothes, Hiking Shoes, Jeans and Cowboy Boots (For those going on a Horseback Trail Ride), Light Sweater or Jacket, Swimsuit (for sunbathing), Casual Dinner Attire, and a small bag or backpack.