

## Program\*

### Friday, October 16

12:00pm – 5:00pm	Guests arrive
12:00pm – 4:00pm	Massages on the Veranda at the Thicket
3:00pm – 4:00pm	Climbing Wall and Reception
4:00pm – 5:00pm	Combat Cardio Circuit with Neissa – A high-energy and intensive workout for the entire body
5:00pm – 6:00pm	Relax and Recharge
6:30pm – 7:30pm	Zipline, Low-carb Margaritas and Hors d'oeuvres with Gilbert Tuhbonye
7:30pm – 8:30pm	Fiesta! Dinner and Dessert at the Thicket
9:00pm – 11:00pm	Movie under the Stars

### Saturday, October 17

7:00am – 8:30am	Coffee Served Al Fresco in Butterfly Gardens
8:30am – 9:30am	Mountain Hike to Scenic Outlook
9:30am – 10:30am	Hikers' Breakfast served in Rio Grande
10:30am – 11:45am	Pilates Mat Class
12:00pm – 1:00pm	Lunch in Rio Grande
1:00pm – 5:00pm	Massages, Manicures, and Pedicures at the Thicket Veranda
1:30pm – 2:30pm	Horseback Trailrides through the Texas Hill Country
3:00pm – 4:00pm	Aqua Aerobics – A relaxed, no impact, FUN total body work-out soothing and therapeutic for joints and ligaments
4:00pm – 6:00pm	Water Fun on the Lake
6:00pm – 7:00pm	Cooking Demonstration and Cocktails
7:00pm – 8:00pm	Dinner served on the Rio Deck
8:00pm – 9:30pm	Board Games in the Bluebonnet
9:30pm – 11:00pm	Bonfire at the Lakeside Terrace

### Sunday, October 18

7:00am – 8:30am	Coffee Served Al Fresco in Butterfly Gardens
8:30am – 9:30am	Breakfast served in Rio Grande
9:30am – 10:30am	Quad Jump, Archery and Tennis
10:30am – 11:30am	Yoga
12:00pm – 1:00pm	Lunch in Rio Grande
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.

*\*schedule is tentative and subject to change*