WEDNESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:05</td>
<td>Organic Garden Breakfast Hike 4 Miles</td>
</tr>
<tr>
<td>6:10</td>
<td>Mountaineer; Raven Advanced Option of 4.5 or 3.5 Miles</td>
</tr>
<tr>
<td>6:45</td>
<td>Quali Hike 2 Miles with an Option to do an Extra Moderate Half Mile</td>
</tr>
<tr>
<td>9:00</td>
<td>Circuit Training (M-F) Azteca</td>
</tr>
<tr>
<td>10:00</td>
<td>Bosu Strength: Level 1 (W) Omegaca</td>
</tr>
<tr>
<td>11:00</td>
<td>Cycle 30: Rhythm Ride - All Levels 30 mins (W) Paai Pal</td>
</tr>
<tr>
<td>12:00</td>
<td>Inner Fitness: Create Your Best Life, with Linda Carroll Arroyo</td>
</tr>
<tr>
<td>1:00</td>
<td>Core Challenge 30 mins (Su,W) Omegaca</td>
</tr>
<tr>
<td>2:00</td>
<td>Boso Balance (W) Omegaca</td>
</tr>
<tr>
<td>3:00</td>
<td>Gentle Bounce 30 mins (M,W) Kuchumaa</td>
</tr>
<tr>
<td>4:00</td>
<td>Brazilian Silks - Low please wear socks and sleeves (T,Th) Kuchumaa</td>
</tr>
<tr>
<td>5:00</td>
<td>Montadale Islands Pilates Mat Fundamentals (Su-Th) Pilates Studio</td>
</tr>
<tr>
<td>6:15</td>
<td>Organic Garden Breakfast Hike Indestructible 4 Miles, Sign up</td>
</tr>
</tbody>
</table>

THURSDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:05</td>
<td>Organic Garden Breakfast Hike 4 Miles</td>
</tr>
<tr>
<td>6:10</td>
<td>Mountaineer; Professor’s Challenging 3.3 Miles</td>
</tr>
<tr>
<td>6:45</td>
<td>Woodlands Hike 2 Miles (Su,T,TH) Main Lounge</td>
</tr>
<tr>
<td>7:15</td>
<td>Q &amp; A with Rob Larson (4:30 to 6:00 pm) Bazar del Sol</td>
</tr>
<tr>
<td>8:00</td>
<td>Art Exhibition &amp; Hors d’oeuvres, with Tim Hinchliff (7:30 to 9:30 pm) Arroyo</td>
</tr>
<tr>
<td>8:15</td>
<td>Silent Dinner Sign up (T-F) Fires Lounge</td>
</tr>
<tr>
<td>9:15</td>
<td>Movie: First Man Library Lounge</td>
</tr>
<tr>
<td>9:50</td>
<td>More Soul, Funk and Blues with King Taylor Project Oaktree</td>
</tr>
</tbody>
</table>

SAMPLE SCHEDULE - CLASSES ARE SUBJECT TO CHANGE

FRIDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:05</td>
<td>Organic Garden Breakfast Hike 4 Miles, Sign up</td>
</tr>
<tr>
<td>6:10</td>
<td>Mountaineer; Coyote Advanced Option of 5.5 or Challenging 4 Miles (T-F) Main Lounge</td>
</tr>
<tr>
<td>6:30</td>
<td>Indian Meditation Hike 2 Miles (F) Main Lounge</td>
</tr>
<tr>
<td>6:45</td>
<td>Quiet Hike 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge</td>
</tr>
<tr>
<td>9:00</td>
<td>Bird Walk (M) Gazebo</td>
</tr>
<tr>
<td>9:15</td>
<td>Montadale Islands Pilates Mat Fundamentals (Su-Th) Pilates Studio</td>
</tr>
<tr>
<td>9:45</td>
<td>Yoga Fundamentals: All Levels (Su-F) Montadale</td>
</tr>
<tr>
<td>10:15</td>
<td>Dance: Cardio Hip HopFlashback 90’s (F) Kuchumaa</td>
</tr>
<tr>
<td>10:15</td>
<td>Yoga Fundamentals: All Levels (Su-F) Montadale</td>
</tr>
<tr>
<td>11:00</td>
<td>Water Polo on the Noodle (F) Activity Pool</td>
</tr>
<tr>
<td>11:30</td>
<td>Yoga Fundamentals: All Levels (Su-F) Montadale</td>
</tr>
</tbody>
</table>

FITNESS CLASSES & ACTIVITIES

- Indicates classes with limited equipment. Please arrive early to ensure a space.
- Please sign up in advance or confirm your return transportation at the Admin Building or Concierge Desk.
### Sample Schedule - Classes and Times are Subject to Change

**Sunday**
- **10:00**: Introduction to Pilates Fundamentals Progressive (Su) Pinetre
- **10:45**: Pilates Mat: Fundamentals Progressive (Su) Pinetre
- **11:00**: Pilates Mat: Fundamentals Progressive (M,W,F) Pinetre
- **11:15**: Pilates Mat: Fundamentals Progressive (Su,T,Th) Pinetre
- **11:30**: Pilates Mat: Fundamentals Progressive (T,F) Pinetre
- **11:45**: Pilates Mat: Fundamentals Progressive (M,W,T,F) Pinetre
- **12:00**: Pilates Mat: Fundamentals Progressive (Su,M,T,Th,F) Pinetre

**Monday**
- **6:15**: Mountain Bike: Professors' Challenge 3:3 Miles (M,T) Main Lounge
- **6:30**: Yoga Fundamentals: All Levels (M,T,F) Pinetre
- **6:45**: Yoga Fundamentals: All Levels (Su,F) Pinetre
- **7:00**: Kettlebells: All Levels (M,W,F) Pinetre
- **7:15**: Yoga: All Levels (M,W,F) Pinetre
- **7:30**: Yoga: All Levels (Su,T,Th) Pinetre
- **8:00**: Yoga: All Levels (Su,F) Pinetre

**Tuesday**
- **6:15**: Mountain Bike: Moderate 4 Miles. Sign up at Front Desk or via ad and visit the Professors Park (T,F) Main Lounge
- **6:30**: Mountain Bike: Moderate 5.5 Miles (Su,F) Main Lounge
- **6:45**: Swimming Pool: 2 Miles (Su,T,Th) Main Lounge
- **7:00**: Breakfast with the Nutritionist – Grab your breakfast & meet with Linda Illingworth Dining Hall patio by mountain
- **7:15**: Movie: Won’t You Be My Neighbor? (Su,F) Pinetre

**Wednesday**
- **6:15**: Organic Garden Breakfast Break: Moderate 4 Miles. Sign up at Front Desk or via ad and visit the Professors Park (T,F) Main Lounge
- **6:30**: Mountain Bike: Moderate 4.5 or 5 Miles (F) Main Lounge
- **6:45**: Mountain Bike: 2 Miles (Su,T,Th) Main Lounge
- **7:00**: Dinner: All Levels (M,W,F) Pinetre
- **7:15**: Movie: Bingo with Barry! (Su,F) Pinetre
- **7:30**: Yoga: Level 2 (M,W,F) Pinetre

**Thursday**
- **6:15**: Organic Garden Breakfast Break: Moderate 4 Miles. Sign up at Front Desk or via ad and visit the Professors Park (T,F) Main Lounge
- **6:30**: Mountain Bike: Moderate 4.5 or 5 Miles (F) Main Lounge
- **6:45**: Swimming Pool: 2 Miles (Su,T,Th) Main Lounge
- **7:00**: Breakfast with the Nutritionist – Grab your breakfast & meet with Linda Illingworth Dining Hall patio by mountain

**Friday**
- **6:15**: Organic Garden Breakfast Break: Moderate 4 Miles. Sign up at Front Desk or via ad and visit the Professors Park (T,F) Main Lounge
- **6:30**: Mountain Bike: Moderate 4.5 or 5 Miles (F) Main Lounge
- **6:45**: Swimming Pool: 2 Miles (Su,T,Th) Main Lounge
- **7:00**: Breakfast with the Nutritionist – Grab your breakfast & meet with Linda Illingworth Dining Hall patio by mountain
- **7:15**: Movie: Where’s Waldo? Library Lounge

**Saturday**
- **6:15**: Organic Garden Breakfast Break: Moderate 4 Miles. Sign up at Front Desk or via ad and visit the Professors Park (T,F) Main Lounge
- **6:30**: Mountain Bike: Moderate 4.5 or 5 Miles (F) Main Lounge
- **6:45**: Swimming Pool: 2 Miles (Su,T,Th) Main Lounge
- **7:00**: Breakfast with the Nutritionist – Grab your breakfast & meet with Linda Illingworth Dining Hall patio by mountain
- **7:15**: Movie: Storytelling to Stretch & Release, with Jennifer Harris Library Lounge

**Available Facilities When No Class is in Session**
- **Meditation Room**: Meditation Room 6:00 to 9:00 am
- **Activity Pool**: Lap Swim 7:00 to 9:00 am
- **Art Studio**: Hands-on Learning Class at La Palma with Dr. Alejandro Taha, 6:00 to 9:00 am
- **Library Lounge**: Hands-on Learning Class at La Palma with Dr. Alejandro Taha, 6:00 to 9:00 am
- **Library Lounge**: Art Studio with Dr. Stacie O’Hara, 6:00 to 9:00 am
- **Library Lounge**: Writing Workshop - Flexing your Creative Muscles: Using Storytelling to Stretch & Release, with Jennifer Harris Library Lounge

**Meal Hours**
- **Saturday**
  - Breakfast: 7:00 to 9:00 am
  - Lunch: 11:30 to 3:00 pm
  - Dinner: 5:30 to 7:30 pm
- **Sunday Through Friday**
  - Breakfast: 7:30 to 9:00 am
  - Lunch: 12:00 to 1:30 pm
  - Dinner: 5:30 to 7:30 pm

**Sample Week – 2019**
- **Your Week begins...**
  - Welcome to a most enjoyable and life-changing vacation, one filled with many accomplishments as well as restful rest and retreat.
  - Stay flexible. It’s not an all or nothing. After you secure your spa appointments, try skimming out your personal work for an entire week, or take it day by day. Our Fitness Concierge is always ready to help you get the most out of your week. You’ll soon discover many ‘mind’ experiences that inspire schedule changes.
  - Seek a balance when considering the many options for movement, nutrition, relaxation, entertainment and learning. Generally speak, try to follow a vigorous, challenging class (i.e. Circuit Training) with something more restorative (i.e. Yoga or a spa treatment).

**Keep in mind a few guidelines for the week.**
- "We are a digital free/breakfast environment. Please turn off rings and alerts on your devices. If you must answer or make a call, do so in the privacy of your room, a few classes require signing up in advance on forms posted in the Main Lounge or the Administration Bldg.
- A few classes require signing up in advance on forms posted in the Main Lounge and the Administration Bldg.
- We are a "quiet spa week". Please turn off ringers and alerts on your devices. If you must answer or make a call, do so in the privacy of your room.
- If you have forgotten your spa appointments, try calling them in, and then try again after you get some rest and nutrition.
- Your intentions will help you get the most out of your week. You’ll soon discover many ‘mind’ experiences that inspire schedule changes.

**MEAL HOURS**
- **Saturday**
  - Breakfast: 7:00 to 9:00 am
  - Lunch: 11:30 to 3:00 pm
  - Dinner: 5:30 to 7:30 pm
- **Sunday Through Friday**
  - Breakfast: 7:30 to 9:00 am
  - Lunch: 12:00 to 1:30 pm
  - Dinner: 5:30 to 7:30 pm

**MEAL AVAILABILITY**
- **When No Class is in Session**
  - Breakfast: 7:00 to 9:00 am
  - Lunch: 11:30 to 3:00 pm
  - Dinner: 5:30 to 7:30 pm

**Meditation Room**
- **Meditation Room**: Meditation Room 6:00 to 9:00 am

**Activity Pool**
- **Activity Pool**: Lap Swim 7:00 to 9:00 am

**Art Studio**
- **Art Studio**: Hands-on Learning Class at La Palma with Dr. Alejandro Taha, 6:00 to 9:00 am

**Library Lounge**
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