



CARMEL VALLEY RANCH

Summer Camp...Without the Discipline Sample Daily Carmel Valley Ranch Playlist

For the Curious

- 10:00a-11:30p **Bee Experience** (Golf Clubhouse; Complimentary)
*Make a bee line for the apiary. John Russo, our resident lavender farmer and beekeeper, encourages you to suit up for a visit to our hives, home to 60,000 Italian honeybees. **Please register before 10a on Saturday by calling Ext. 427 or 831-620-6427, or take your chances in person, where it will be first-come, first-served.***

For the Fit (or the Ambitious)

- 7:30a-8:00a **Full Body Express** (River Ranch Studio; Complimentary)
This 30 minute express class is devoted to strengthening your core and major muscles groups. Having a strong core helps support your back, improves your posture and lessens the chance of injuries while you are active. All levels welcome.
- 8:00a-9:00a **Guided Fitness Hike** (Meet at the Lodge Lobby; Complimentary)
Join us for an "as-strenuous-as-you-like" morning jaunt to our hilltop yoga platform, led by our amazing hiking staff. Fun company, interesting tidbits, and beautiful views of Carmel Valley.
- 8:00a-9:00a **Indoor Cycling** (River Ranch; Complimentary)
You'll never get left behind! Heidi leads this 55-minute, indoor cycling class. Advanced reservations are required, as this is extremely popular and our bike supply is limited. Please call Ext. 525 or 831-626-2525 starting at 7:00pm the night before the class for registration to reserve your seat. All levels are welcome.
- 9:30a-10:45a **Hatha Yoga** (River Ranch; Complimentary)
This integrated yoga experience, led by Karen, focuses on the use of breath as a tool for connecting traditional yoga poses. All experience levels welcome, mats are provided.
- 10:00a-11:00a **TRX Training** (River Ranch; Complimentary)
The newest evolution in "functional training," TRX suspension training focuses on improving core strength and muscular endurance while expanding range of motion. Please call Ext. 525 or 831-626-2525 starting at 7:00pm the night before the class for registration to reserve your spot. All fitness levels welcome.
- 11:00a-12:00p **Pilates Mat** (River Ranch; Complimentary)
Blair leads this bodyweight-based workout, with a focus on core strength, balance and endurance. The perfect antidote to late-night s'mores. All experience levels welcome, mats are provided.
- 5:00p-6:00p **BODYPUMP**
The original group barbell class that strengthens your entire body. This full-body workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music and your choice of weight inspire you to get the results you came for - and fast! Focusing on low

weight loads and high repetitions, you'll burn fat and calories, gain strength and quickly produce lean body muscle conditioning. Registration required. Complimentary. 55 Minutes.

6:15p-7:00p **Metabolic Mania** (River Ranch; Complimentary)
This 45-minute high intensity workout utilizes compound, full body exercises with little rest in between in an effort to maximize calorie burn and increase metabolic rate before and after the workout. All levels are welcome.

For the Nostalgic

All Day! **Swing from the trees** (Everywhere you see a tree swing)
Our iconic tree swings, visible on our new logo, are the best places to engage your lust for nostalgia without getting marshmallow on your fingers.

5:00p-10:00p **S'mores!** (Lodge Pool Deck; Complimentary)
Please, sir, may I have ... s'more? Every evening we gather around the fire pit to share these summer camp—and now Carmel Valley Ranch—classics with friends new and old.

For the Little Ones

All Day! **River Ranch Complex**
Located down the hill, our high-energy hub can keep everyone playing all day. Features a salt-water, Junior Olympic pool, our "Splash Zone," a hot tub, basketball, bocce and tennis courts, a 5,200 sq. ft. fitness center and our brand new River Ranch Cafe. For transportation at any time, please dial Ext. 0 or 831-625-9500 for a shuttle and we will gladly pick you up!

8:00a-1:00p **Child Care** (River Ranch; \$15 per child per hour)
Ages 3-8. Our child care counselors are available for full hour blocks to read, play and entertain your little one while you get in a workout, a game of tennis or a spa treatment.

For the Playful

10:00a-11:00a **Themed Tennis Clinic: Net Game** (River Ranch Tennis Courts; \$25 per hour)
Join our PBI professionals for this hour long clinic with an emphasis on the strokes and strategies that make up an effective net game. The volley, half volley and overhead smash will be covered in this clinic. Please call the Tennis Pro Shop at Ext. 525 or 831- 626-2525 to register.

1:00p-1:30p **Daily Golf Clinics: Chipping** (Golf Clubhouse; Complimentary)
The Golf Academy at Carmel Valley Ranch offers a free daily clinic Tuesday through Saturday throughout the year. Tuesday's focus is on chipping. Our golf professionals will go over the grip, stance, posture and the key fundamentals for chipping so you can save shots around the green. Please call the Golf Pro Shop at Ext. 410 or 831-620-6406 to register at least two hours in advance. A two person minimum is required to hold each clinic and all skill levels are welcome.

For the Hungry

Lodge Restaurant

Executive Chef Tim Wood's culinary exploits—many involving fruits and vegetables from The Ranch's Organic Garden—are on full display in our Lodge Restaurant. Please join us for Breakfast (7a-11:30a), Lunch (11:30a -5p) and Dinner (5p-10p), either indoors or outdoors. Children's menus are available all day. Reservations are required for Dinner and are recommended for Breakfast and Lunch.

River Ranch Cafe

The newest addition to The Ranch's collection resides in The Ranch's most historic building (132 years old). Join us poolside at the high-energy, family-oriented River Ranch for a mix of your favorite summer grill items, sandwiches, salads, sweets, coffee, smoothies, beer and wine. Order at the counter or browse our bountiful Grab 'n Go selection; indoor and outdoor seating is available. *The Cafe is open from 7a-8p, with hot items off the grill available from 11a-2p.*