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**Sunday, September 28**

**Hotel-Sponsored Fitness Classes**

Location: Fitness Center

**Hatha Yoga**

**7:30–8:20 AM**

This class offers a blend of static and flowing poses, emphasizing mindful movement, breath synchronization, and proper alignment – adaptable to all fitness levels.

**Vinyasa Flow Yoga**

**8:30–9:20 AM**

This class is also known as flow yoga, a style of yoga that focuses on transitions between poses and linking breath to movement.

- Recommended dress code:
  - Athletic, comfortable attire

**Spa Treatment**

**10:00 AM–5:00 PM**

Location: The Ritz-Carlton Spa

Indulge in a 50-minute treatment at The Ritz-Carlton Spa and discover a sanctuary of renewal and relaxation amid the resort's stunning property. For availability, please call the spa: **(530) 562-3030**.

**Sip and Social**

**2:30–4:30 PM**

Location: Living Room Bar

Relax and mingle with fellow attendees at a casual wine-pairing tasting before the official welcome reception. Drop in as you please.

- Recommended dress code:
  - Casual, come as you are

**Legacy Trail Bike Tour** (preregistration is required)

**2:30–5:00 PM**

**[Depart hotel lobby at 2:30 PM; bike ride 3:00–4:30 PM]**

Location: Lobby

Join a guided e-bike ride along the scenic Truckee River Legacy Trail. Suitable for all experience levels, this leisurely tour is a perfect way to see the beautiful landscape and learn about the area's natural and cultural history while enjoying some light exercise.

- Private shuttles will transport bike riders directly to the trail check-in.
  - The shuttle pick-up location is outside the main lobby. You'll see Google Cloud signage and brand ambassadors.

- Please arrive by **2:15 PM**, as the shuttles will depart at **2:30 PM**.
  - The direct shuttle ride takes approximately 20 minutes.
- Shuttles will depart at **4:30 PM** to return back to the hotel.
- Helmets, light snacks, and water bottles will be provided
- Recommended dress code:
  - Dress in comfortable layers, weather permitting
  - Socks and closed-toe shoes

### Sound Healing Yoga

**2:30–3:30 PM and 3:45–4:45 PM**

Location: Fitness Center

Experience a customized yoga practice blending mindful movement, breathwork, and philosophy with a healing sound bath, guiding you into deep relaxation, balance, and connection of body, mind, and spirit.

- Recommended dress code:
  - Athletic, comfortable attire

### Catamaran Tour (preregistration is required)

**2:30–5:00 PM**

**[Depart hotel lobby at 2:30 PM; boat ride 3:00–4:30 PM]**

Location: Lobby

Step aboard the 55-foot Sierra Cloud catamaran for a relaxing cruise on Lake Tahoe's crystal clear water. Enjoy panoramic views and expert hospitality as the captain shares stories about the historic shoreline.

- Private shuttles will transport sailors directly to the dock.
  - The shuttle pick-up location is outside the main lobby. You'll see Google Cloud signage and brand ambassadors.
  - Please arrive by **2:15 PM**, as the shuttles will depart at **2:30 PM**.
    - The direct shuttle ride takes approximately 20 minutes.
  - Shuttles will depart at **4:30 PM** to return back to the hotel.
- Light snacks and beverages will be provided on the boat.
- Recommended dress code:
  - Nonslip footwear
  - Dress in layers, as it tends to be cooler on the lake
  - Hat and sunglasses are suggested

*Kindly note that all activities have limited capacity, are reserved on a first-come, first served basis, and are subject to change due to weather or other unforeseen circumstances.*

**Monday, September 29****Guided Morning Hike** (preregistration is required)**6:30–8:00 AM****[Meet in the Living Room at 6:30 AM near the fireplace]**

Location: Living Room

For those who love the outdoors, we invite you to join a guided morning hike and experience the crisp air and stunning scenery of the Sierra Nevada trails. This hike is appropriate for all fitness levels.

- Meet in the Living Room at **6:30 AM** for a guided hike on the Sawmill Lake trail.
- Recommended dress code:
  - Athletic shoes with good tread (potential for dirt, dampness, and a small incline)
  - Dressing in warm layers is suggested, as average morning temperatures are around 40°F at sunrise

**Hotel-Sponsored Fitness Classes**

Location: Fitness Center

**Slow Flow Yoga****6:00–7:00 AM**

Begin your morning with meditative movement and breath to energize you for the day ahead. This yoga class combines a slower-paced Vinyasa yoga with the traditional poses of Hatha yoga. This class is appropriate for all fitness levels.

**Core & Restore****7:00–8:00 AM**

Join this low-impact fitness class that focuses on training the muscles of the trunk to improve posture and flexibility. Designed to engage core muscles, including abdominals and the back, this class is suited for all levels. Following the core work, the class incorporates restorative movements on the foam roller.

- Recommended dress code:
  - Athletic, comfortable attire
  - For fitness classes: socks and closed-toe shoes

**Special Day for Guests of Attendees**

We are excited to offer a special day program designed exclusively for the guests of our attendees. While your host is attending sessions, the day is yours to fill with leisure and exploration. We have arranged two signature experiences: a scenic, guided horseback ride and a restorative day at the Lake Club, featuring paddleboarding, boat rides, and wellness sessions. You are welcome to enjoy both adventures, or simply choose the one that best suits your mood. The day is yours to design.

**Spa Treatment****9:00 AM–5:00 PM**

Location: The Ritz-Carlton Spa

Indulge in a 50-minute treatment at The Ritz-Carlton Spa and discover a sanctuary of renewal and relaxation amid the resort's stunning property. For availability, please call the spa: **(530) 562-3030**.

**Horseback Riding Tour** (preregistration is required)**9:00 AM–12:00 PM****[Meet in hotel lobby at 8:45 AM for a 9:00 AM departure; trail ride 9:30–11:30 AM]**

Location: Lobby

Saddle up for a guided trail ride through some of Tahoe's most beautiful terrain – an experience exclusively for guests of our attendees. This ride follows a section of the historic Western States Trail, weaving through high alpine meadows and across Prosser Creek. Along the way, you'll pass through stands of Jeffrey pines and take in expansive views – all at a relaxed pace.

- Private shuttles will transport horseback riders directly to the trail check-in.
  - The shuttle pick-up location is outside the main lobby. You'll see Google Cloud signage and brand ambassadors.
  - Please arrive by **8:45 AM**, as the shuttles will depart at **9:00 AM**.
    - The direct shuttle ride takes approximately 20 minutes.
  - Shuttles will depart at **11:30 AM** to return back to the hotel.
- Light snacks and beverages will be provided.
- For the safety and comfort of our horses and guests, there is a weight limit of 220 pounds per rider for this activity.
- We recommend storing all personal belongings at the hotel and only bringing your essentials. Bags of any kind are prohibited during your ride.
- Recommended dress code:
  - Dress in comfortable layers
  - Closed-toe shoes
  - Note: As the horseback ride is on a dirt trail with a potential for low water crossings, please plan your attire and shoes for the potential of getting dusty or wet

**Lake Club****10:00 AM–4:00 PM**

Enjoy a relaxing time exclusively for guests of our attendees at this lakefront property. Feel free to partake in activities (kayaking, paddleboarding, boating, sound healing yoga), utilize the amenities, or simply unwind in the sun on this private hotel property. The Lake Club is open all day for you to come and go as you please. Lunch, light bites, and beverages will be provided.

- Private shuttles will transport you directly to the Lake Club.
  - The shuttle pick-up location is outside the main lobby. You'll see Google Cloud signage and brand ambassadors.
  - Shuttles begin running at **9:30 AM** and will run every 30 minutes throughout the day.
    - The direct shuttle ride takes approximately 20 minutes.
  - The last shuttle from the hotel will depart at **3:00 PM** for the Lake Club, and the last shuttle from the Lake Club will depart at **4:00 PM** for the hotel.
- Recommended dress code:
  - For sound healing yoga from **11:00–11:50 AM**: activewear or comfortable clothing
  - For water activities: swimwear (full locker rooms are available at the Lake Club)

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## Tuesday, September 30

### Guided Morning Hike (preregistration is required)

**6:30–8:00 AM**

**[Meet in the Living Room at 6:30 AM near the fireplace]**

Location: Living Room

For those who love the outdoors, we invite you to join a guided morning hike and experience the crisp air and stunning scenery of the Sierra Nevada trails.

- Meet in the hotel lobby at **6:30 AM** for a guided hike on the Sawmill Lake trail.
- Recommended dress code:
  - Athletic shoes with good tread (potential for dirt, dampness, and a small incline)
  - Dressing in warm layers is suggested, as average morning temperatures are around 40°F at sunrise

### Hotel-Sponsored Fitness Classes

#### Slow Flow Yoga

**6:00–7:00 AM**

Begin your morning with meditative movement and breath to energize you for the day ahead. This yoga class combines a slower-paced Vinyasa yoga with the traditional poses of Hatha yoga. This class is appropriate for all fitness levels.

#### Strength & Conditioning

**7:00–8:00 AM**

This class is designed to increase physical strength through weight-bearing and resistance exercise. It builds cardiovascular fitness while improving muscular strength and endurance. A wide range of modalities and equipment may be used, along with upbeat music, to work all major muscle groups from head to toe. This class will keep you challenged and engaged, and leave you feeling strong!

- Recommended dress code:
  - Athletic, comfortable attire
  - For fitness classes: socks and closed-toe shoes

#### Spa Treatment

**1:00–5:00 PM (recommended times for attendees)**

**9:00 AM–5:00 PM (available for guests of attendees)**

Location: The Ritz-Carlton Spa

Indulge in a 50-minute treatment at The Ritz-Carlton Spa and discover a sanctuary of renewal and relaxation amid the resort's stunning property. For availability, please call the spa: **(530) 562-3030**.

**Golf at Grey's Crossing Golf Course** (preregistration is required)**11:30 AM–5:30 PM****[Meet in the hotel lobby by 11:15 AM for an 11:30 AM departure. Tee times start at 1:00 PM.]**

Enjoy a round of golf at Gray's Crossing. This beautiful course offers a perfect balance of challenge and playability, with pristine fairways framed by towering pines and striking views of Mt. Rose in the distance.

- Private shuttles will transport golfers directly to the course.
  - The shuttle pick-up location is outside the main lobby. You'll see Google Cloud signage and brand ambassadors.
  - Please arrive by **11:15 AM**, as the shuttles will depart at **11:30 AM**.
    - The direct shuttle ride takes approximately 15–20 minutes to get to the golf course.
  - Return shuttles to the hotel will run continuously from **5:00 PM**, with the final shuttle departing promptly at **6:00 PM**.
  - Grab and go lunch will be provided before you depart the hotel.
  - If golf club rentals were requested, they will be available for pick-up when the attendee checks in for their golf cart.
  - Tee time is promptly at **1:00 PM** with a shotgun start. You will be able to warm up prior to teeing off.
- Required dress code:
  - Golf attire (collared shirt)
  - No denim
  - Golf shoes
  - Layers are recommended

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