

Example Daily Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wake-up Yoga	Wake-up Yoga	Wake-up Yoga		Wake-up Yoga
Morning Tempo Walk	Morning Tempo Walk	Morning Tempo Walk	Morning Tempo Walk	Morning Tempo Walk
Fort Davis Adventure Run	Cook Flats Trail Run	On your own running	Wild Rose Pass Run	Madera Canyon Run
	Bird Walk, Nancy Decker	Observatory Run Challenge	Bird Walk, Nancy Decker	
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Boy Scout cutoff out & back Wild Rose out & back Boy Scout out & back	Marfa Ride, out & back Ride to Marfa, bus back Bus to Marfa, ride back	Balmorhea Ride 36 or 58 miles, Pace Line Basics	Scenic Loop (Clockwise) Point of Rocks out & back ride, Sagged Options	Observatory Out and Back. Observatory Challenge, clock yourself & touch the dome!
CDRI Hike. Please sign up, limited amount.	Casket Mountain Hike, limited number of hikers	McDonald Observatory Tour	Wolf Den Canyon Hike, new this year, please sign up.	Primitive Area Hike, no limit on number of hikers
Fort Davis tour on bike	Prude Trails Mountain Bike	Buses Leave for Balmorhea for those who want a ride	Triathlon Workout, see bike Keith	Fitness Camp Triathlon at 11:15Am, Don't be late!!!!
	Radio Telescope Tour	Aqua Fitness/Deep Water.	"Neighborhood" Fat Tire	Prude Ranch Trail Ride
Weight and strength Training.	Barbara's Cardio Class	Weight Training	Barbara's Cardio Class	Weight Training
Lunch at Camp	Lunch at Camp	Lunch at Balmorhea	Sack Lunch for All	Lunch at Camp
Cycling Basics & Skills				
Run Lecture/Favorite Runs	T.E.A.M Challenge	Open Water Swim w/Coach	Swim Training	One more Cardio Class
Pilates 101		Pilates B2 x 2	Pilates (Poolates!!) after ride	Pilates B2 x 2, it's back
Yoga for the Bike	Yoga for the shoulders	Yoga for Runners	Yoga for Better Back	Yoga, Let's be Gentle
Personal Running w/Run Staff, check office hours.	Gear Shifting Refresher	Personal Running w/Run Staff, check office hours.	Run Video Playback and Analysis	Swim Training Session
Swim training & Video				Swim Class & Video
Hill Climbing & Cadence Clinic	Video Running and Run Lecture – Playback Analysis	Trail Run, Increase your Dinner Appetite	Downhill Running, running for the long term.	Video Running Make-ups
Flat Tire Changing	Happy Hour	CPR Check-offs: Part 2		Staff Meeting
Dinner	Dinner	Dinner	Dinner	Dinner
Washers Anyone?	Washers Anyone?	Washers Anyone?	Washers Anyone	Camp Meeting
CPR Check-offs: Part 1	Super Foods and more	Ranger Rick Keith, Frontier Cavalryman and his horse	Big Picture on Health, Group Discussion with Melanie	Skits
CDRI Talk , join Dr. Hoyt Chihuahuan Desert Region	Walk in the Woods, Appalachian Trail, Gary Decker,	New Look at "Runners High" View from the 90 th Floor Charlie Ogilvie	Back Attack, Talk with our Camp Nurse, Liz	Dance
Swing Dancing with Big Band music	Dancing, Two Step, National Dance of Texas	Dancing, Latin Flavor	Book Discussion, David Turner	
Fitness Camp Star Party	McDonald Observatory Star Party (on your own)		Marfa Lights (on your own)	