

SATURDAY 9/28: WELCOME TO POSITANO

BENVENUTI A POSITANO!

Check into the villa any time after 3 pm and get settled into your luxurious sea-view room. Enjoy a refreshing drink and antipasti as you gaze out at the Tyrrhenian Sea. Or explore the charming Bagni D'Arienzo (arienzobeachclub.com) and let the sound of the waves ease your travel fatigue. At 7 pm we'll have a short orientation to go over our itinerary, then we will be transported into the town for a welcome dinner with your hosts.



"Positano bites deep. It is a dream place that isn't quite real when you are there and becomes beckoningly real after you have gone."
- JOHN STEINBECK

SUNDAY 9/29: DAY 1 – MODERATE ACTIVITY LEVEL

RAVELLO

"The most beautiful view in the world."
- GORE VIDAL



We'll ease into our FitCation with a moderately active day. The steps down to Arienzo Beach take us to a water taxi for your first glimpse of the spectacular coastline. From the dock in Positano, we will take an entrancing ferry ride to the winsome town of Amalfi. Those up for a strenuous climb will begin the stairs to Ravello (approximately 90 minutes). A second group will bus up to Ravello for a fascinating tour of the 13th-century Villa Rufolo (villarufolo.com/la-proprietà) where Richard Wagner, so inspired by its beauty, envisioned the garden of Klingsor in the second act of Parsifal "Il magico giardino di Klingsor é trovato!" ("The magic garden of Klingsor is here!").

We will reunite for a light lunch. Afterward, we'll visit our favorite ceramic shop, Pasquale Ceramiche (ceramichedarte.com), where we'll sip sparkling wine and learn about traditional techniques in creating ceramic design. After some time to browse and shop, the full group will tour Villa Cimbrone (hotelvillacimbrone.com/history) dating from the 11th century and famed for Terrazzo Dell'infinito (the Terrace of Infinity) where the less acrophobic guests can take selfies from terrifying heights.

We'll be driven back to our villa for a rest before we stretch in the sunset. Transport into Positano for dinner is at 8 pm; we'll give you a list of our favorite spots or you can venture out and find your own. The ride back is at 10:30 pm.

Get some rest – Day 2 is a high activity day!

CLASSES: MORNING MOBILITY   | SUNSET STRETCH 

MONDAY 9/30: DAY 2 – HIGH ACTIVITY LEVEL

IL SENTIERO DEGLI DEI (PATH OF THE GODS)

Breakfast will be early this morning since our Path of the Gods group must depart for the bus up to the trailhead. Bring a camera and prepare to be dazzled by the most famous hike in Italy.

Group 2 will have a class at 9am, followed by a scenic hike in Positano. Our two groups will meet at the Chiosco del Sentiero degli Dei where Giulio will prepare a meal fit for deities. After lunch (and picture taking) the strong-at-heart will embark down the 1,700+ stairs to the steps of our villa. The spectacular view is worth the extra sweat! For the weary and/or day-drinkers, the other option is a bus that will feel like luxury as we're shuttled back into Positano for a quick walk back to the villa. A sunset movement flow and some core work is a must for those hiking-harried hip flexors. Enjoy dinner in town and get some well-earned rest.



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CLASSES: LENGTHEN + STRENGTHEN   | FLOW & EASY 

"If the path be beautiful, let us not ask where it leads"
-ANATOLE FRANCE

TUESDAY 10/1: DAY 3 – LIGHT ACTIVITY LEVEL

CAPRI



"Capri is a tiny morsel of an island but exquisite. Here you see right away, in a day, so much beauty that you remain inebriated and cannot accomplish anything."

–MAXIM GORKY

Our morning class will warm up those stiff muscles and iron out the kinks.

After breakfast, we'll meet down at Arienzo Beach for pick up by our private boat. We'll be captivated by tales of Il Galli, the Sirens, before we head to the island of Capri. After we circumnavigate the island, we'll stop for a dip in the crystal waters and a cool drink. Our boat drops us off at Marina Grande where we'll board the funicular for the breathtaking ride up to the town of Capri. A short hike leads us to a picnic spot with a view that will break your heart. You'll have some free time to explore the town before we take a gentle hike back down to the harbor where our boat awaits us for the return to the villa. But wait...this is a FitCation! For those of you who need a little more movement, we're gonna climb those 1,700 stairs to work up an appetite for dinner. You'll have our list of favorite restaurants, but by now, you'll also have your own list. Buon Appetito!

CLASSES: LENGTHEN + STRENGTHEN 💧💧 | STAIR BURNOUT (OPTIONAL) 💧💧💧

WEDNESDAY 10/2: DAY 4 – HIGH ACTIVITY LEVEL

VALLE DELLE FERRIERE

(THE VALLEY OF THE MILLS)

Our vigorous morning class will get your blood pumping and your legs warmed up for our hike. We return to Ravello where our stroll begins through a verdant valley complete with waterfalls and the history-rich ruins of paper mills from the 13th century. The descent ends in Amalfi with a chocolate tasting and a little time to enjoy the piazza. We'll also share our favorite sweet shop and where to get the best limoncello. On the ferry back into Positano, we'll relax before winding our way up to the villa. Finally, enjoy some stretching by sunset before riding back into town where you can grab dinner at that other restaurant you've been dying to try. Don't forget the gelato – you've earned it!



"You may have the universe if I may have Italy."

–GIUSEPPE VERDI

CLASSES: CORE CIRCUIT 💧💧💧 | FLOW & EASY 💧

THURSDAY 10/3: DAY 5 – MODERATE ACTIVITY LEVEL

COOKING LESSON AT BUCA DE BACCO



Many of you will enjoy having the morning free to explore or relax by the pool. Others, however, might want one more taste of those stairs! Today is a day to find yourself a light snack in town or at Arienzo Beach instead of a full lunch. In the afternoon we head to one of Positano's favorite spots for a gourmet cooking lesson (bucadibacco.it/cooking_school_en.html). Yes, we do get to enjoy the fruits of our labors, including wine and Prosecco. You'll have the evening free to enjoy the town.

CLASSES: 50/50 INTERVAL STRETCH 💧💧💧 | STAIR BURNOUT (OPTIONAL) 💧💧💧

"Life is a combination of magic and pasta."

–FEDERICO FELLINI

FRIDAY 10/4: DAY 6 – LIGHT ACTIVITY LEVEL

DA ADOLFO

Today's activity is light, but the day will start off with a good clean sweat. Fear not, the plan gets easier from here. We'll board the boats with the famous red fish to go to Da Adolfo (daadolfo.com) for some wonderful beach time, followed by a gourmet lunch (how about mozzarella grilled on lemon leaves?). We'll return to the villa for one last beautiful stretch to wrap up our FitCation activities. You'll have time to head into town for dinner and to pick up handmade gifts to bring home to your loved ones.

CLASSES: CORE CIRCUIT    | SUNSET STRETCH 



"The service of food is to nurture, to please, to nourish."

—LIDIA BASTIANICH



SATURDAY 10/5: DAY 7 – DEPARTURES

We'll have a light breakfast and finish packing. Check out – after exchanging lots of hugs and tears – by 11 am.

"Italy is a dream that keeps returning for the rest of your life."

— ANNA AKHMATOVA

CLASS DESCRIPTIONS

Every class will be unique. Guests may always opt for a "vacation" day OR choose to participate in an extra walk or stair climb in case you're worried about an extra helping of gelato (you shouldn't be). Classes may shift based on the needs of the specific group. Exertion levels:

-  = Light activity: you'll "glisten" a little in the classes, but most of the effervescence will come from Prosecco.
-   = Medium activity: be prepared to feel a little burn as the activity level will increase enough to need a mop of your brow.
-    = Heavy activity. Intensity and challenge. You'll need a shower (please).

FLOW & EASY  Dynamic stretching and flowing sequences to open your joints and stretch your muscles.

SUNSET STRETCHING  Luscious stretches to ease tension and decompress after the exertions of the day.

MORNING MOBILITY   The antidote to long travel days, this morning class stretches and lengthens travel-weary muscles. We'll also do some work to turn on your core—especially your abs and glutes—and take the pressure off your joints.

LENGTHEN + STRENGTHEN   /    A full body workout using multi-joint exercises to drive the heart rate up. Explore full range of motion with large, complex movements.

CORE CIRCUIT    A circuit-style workout that targets the core to tighten the belly and provide a full body burn.

50/50 INTERVAL STRETCH    An invigorating 50/50 class that consists of twenty minutes of interval training and twenty minutes of soothing stretching and mobility.

STAIR BURNOUT    Our villa lies at the base of the path to Nocelle, a town 1,700 stairs above the road. But don't worry: the path of perspiration leads to inspiration – breathtaking vistas of the coast await you, so if you feel moved to poetry, you won't be the first.

***BREAKFAST, 5 OF 6 LUNCHES, AND OFFICE HOURS 5–6PM ARE INCLUDED WITH EACH DAY'S ACTIVITIES, TRANSPORTATION TO AND FROM TOWN WILL BE PROVIDED EACH NIGHT FOR DINNER**