

10 Things

TO DO ON
A PERFECT
WEEKEND

Cheryl Graves, owner of Pilates 909 in Rancho Cucamonga, once felt trapped in her size 16 body while avoiding her favorite restaurants. Now in her 40s, she is finally enjoying life through balanced nutrition, exercise and a little personal indulgence on the weekends!

- 1 Friday, 4 p.m. Off to Rancho Beauty for some "glamming up" from Nermin and Layna.
- 2 Friday, 6 p.m. Harry's Pacific Grill for filet mignon, garden salad and a killer pear martini from Brian. Walk around Victoria Gardens, dessert at Crepes de Paris—my favorite the "Royal"—oh yeah!
- 3 Saturday, 7 a.m. A morning snuggle with my puppy, Winston.
- 4 Saturday, 9 a.m. Get some kick-butt TLC at my Pilates studio from instructors Val, Tisha, Sue, Kelly or Christine.
- 5 Saturday, 11 a.m. Leave for an overnight in Temecula.
- 6 Saturday, noon. Stopover at The Promenade Shops at Dos Lagos. The Alibi Bar & Grill makes a great turkey veggie wrap with sweet potato fries, and the beer sampler makes the husband happy!
- 7 Saturday, 4 p.m. Check in at South Coast Winery and enjoy my new favorite—"Vine and Vinyasa" Hello!! Yoga AND wine lasting!! Whoo-hoo!!!
- 8 Saturday, 7 p.m. Order room service for a romantic dinner in our Villa. Snuggle by the fireplace (no puppy this time!).
- 9 Sunday, 9 a.m. A hot-stone massage at the Grapeseed Spa after a walk around the vineyards.
- 10 Sunday, 6 p.m. Pick up a "Roland's Special" pizza from Monaco's on the way home from a day-sail with friends. Watch a movie with the husband and puppy and steal one last snuggle from both!