



GLOSSARY OF

FITNESS CLASSES & ACTIVITIES



# MAKING THE MOST OF YOUR WEEK

## TOUR THE RANCH AND RELAX WHEN YOU FIRST ARRIVE

Consider taking a self-guided meditative walk through the peace and silence of the oak groves to our amphitheater-like sculpture known as Kuchumaa Passage. Here you can become a part of our “family tradition”—a way of starting your week by greeting the mountain, silently reflecting on your life, and affirming your intentions for this week and the future. Traveling to or from the Passage, you may also wish to walk the Labyrinth. A magical beginning!

## SETTING YOUR RANCH INTENTION, TIPS FOR A MAGICAL WEEK

A great way to start your week, this session allows you to drop right into the “Ranch Magic” with a few meaningful tips, and light journaling for “beginning your week with the end in mind”. You’ll leave with an image, word or phrase that helps you set intentions and make informed choices throughout your stay. All guests are welcome.

## MEET OUR FITNESS CONCIERGE

Our Fitness Concierge is in the dining room upon your arrival on Saturday to provide expert advice on how to create a week-long program.

## JOIN A RANCH ORIENTATION AND TOUR

This informational session covers classes, activities and hikes plus indispensable advice on how to balance your week. All guests are encouraged to attend on Saturday.

## RETURNEE UPDATE

Ranch “veterans” will enjoy this abbreviated version of the Ranch Orientation designed for guests with more than three prior (and fairly recent) visits.

## ATTEND A GUEST RECEPTION

Socialize with other guests while feasting on Ranch guacamole (our amazing lower-fat recipe), chips, veggies and fruit. Day and time will be announced.

## TRAIN ONE-ON-ONE WITH A FITNESS SPECIALIST

Our fitness staff professionals are available for private training sessions in their areas of expertise. Contact the staff member of your choice directly or call the fitness office at ext.623. (Additional fee)

## TAKE THE RANCH HOME

This inspiring key lecture helps you adopt the healthy lifestyle changes you have begun at the Ranch. Learn the successful strategies that have inspired so many guests to make the transition to a year-'round Rancho La Puerta way of mind-body-spirit integration.

## JOIN THE RANCH CIRCLE

The Ranch Circle is our online community that features Ranch specials, inspirational information, and everything you need to plan your next visit

# HIKES, RUNS & WALKS

## MODERATE HIKES

### DOVE MOUNTAIN MEDITATION HIKE

A little over a mile long, this silent hike gently climbs the first ridge of our mountains to a lovely meditation area. It then winds back down to Kuchumaa Passage, leaving hikers another time for reflection. A great introduction to the mountain.

### INTENTION VOICING MEDITATION HIKE

Experience a unique, quiet, and meditative hike. On this half-mile journey you will break three times to voice your intentions, reflect, and deeply appreciate the mountain air.

### ORGANIC GARDEN BREAKFAST HIKE

A 4-mile round trip trek over rolling hills to *La Cocina Que Canta*, our culinary center and organic farm. Enjoy a garden breakfast, followed by a garden tour with our resident horticulturist. If you don't wish to walk, transportation to *La Cocina Que Canta* is offered one day during the week and may be arranged through the concierge. (Back by 9 a.m.)

### "QUAIL ONE" HIKE (SEE CHALLENGING HIKES FOR OPTION TWO)

A 2-mile lowland hike over undulating terrain; a perfect hike for someone who is not quite ready for the mountain or would like to have a lighter hiking day. (Optional .5-mile hill to base of mountain)

### WOODLANDS HIKE

A 2-mile lowland hike meandering through the river basin among the oaks; great for beginners or those wishing to pace themselves for a full day of exercise.

## CHALLENGING HIKES

*Hiking boots and/or shoes with lugged tread are strongly recommended on all mountain hikes.*

### ALEX'S OAK TRAIL

A 2-mile hike climbing about 350 feet in elevation to Alex's Oak before looping back down.

### MOUNTAIN HIKE (PILGRIM TRAIL)

A 3.5-mile mountain hike up the Pilgrim Trail (700 ft. gain) and returning downhill via the Professor's Trail.

### MOUNTAIN HIKE (PROFESSOR'S TRAIL)

A 3.3-mile loop mountain hike over moderately steep terrain with a 700 ft. elevation gain.

### "QUAIL TWO" HIKE (AN EXTENSION OF "QUAIL ONE" HIKE)

A 2.5-mile hike that winds across the meadow and along a stream before climbing up to the base of the mountain. Returns via the oak grove.

## ADVANCED HIKES

### COYOTE HIKE

A 5.5-mile strenuous hike winding up the mountain between the Pilgrim and the Professor routes and then looping back along the flanks of Mt. Kuchumaa. Elevation gain of 800+ feet. (This hike offers a 4-mile option.)

### MT. KUCHUMMA EXTREME MOUNTAIN HIKE

A 7.5 mile hike up Mt. Kuchumma to the US/Mexican border. Climb over rugged and steep terrain approximately 5 miles to the border with a 2.5 mile return. Breakfast provided, sign up required. Prerequisites are either the Coyote, Raven or Seven-Mile Breakfast Hike. Offered November to March.

### RAVEN HIKE

A 4.5 mile strenuous mountain hike with an initial one mile climb followed by ups and downs before a progressive climb before the final descent. (3.5 mile option)

### SEVEN-MILE MOUNTAIN BREAKFAST HIKE

A group-paced hike of 3½ hours over steep, rugged terrain—3.5 miles out, stop for breakfast, and 3.5 miles back. Breakfast is provided in a day-pack. Sign-up required. "Pilgrim" or "Professor's" hikes are a prerequisite. Offered November to March.

## RUNS

### RUNNING CLINIC

This class is designed for all levels of runners; whether you are just getting into running or whether you compete (any distance). The class includes an introduction to a running warm-up, dynamic run-specific stretching and a series of classic speed and form drills interspersed with acceleration drills.

### TRAIL RUN (3 TO 5 MILES)

A 3- to 5-mile lowland trail weaving through our meadows and chaparral.

### TRAIL RUN (4 TO 6 MILES)

A 4- to 6-mile mountain trail run, push yourself with elevation gains and enjoy scenic vistas of The Ranch and Kuchumaa Mountain.

## WALKS

### ART WALK

Join our resident artist for a walking tour that highlights some of the museum-quality Mexican folk art and contemporary sculptures on display throughout the Ranch.

### BIRD WALK

A guided stroll during which you'll identify and learn about local and migrating birds of the season. Binoculars provided.

### HISTORY WALK

A guided tour around the Ranch focusing on the evolution of Rancho La Puerta from its earliest days. Hear stories of the people and events that were instrumental in creating the Ranch of today.

### LANDSCAPE GARDEN WALK

Tour the central grounds with our naturalist and learn about the historic, practical, and aesthetic reasons for the Ranch's xeriscape (low-water-use) gardens.

### NATURE WALK

Take an easy stroll to learn about native plants, wild flowers, geology, and the ecosystems surrounding the Ranch. Learn how indigenous Baja people used their habitat for food, medicine, tools, shelter, and ceremony.

# FITNESS CLASSES

## ANYTIME INTERVAL

Guided cardio work out utilizing interval principles. Choose any cardio machine to make it functional.

## BALANCE AND COORDINATION

Stimulate postural awareness and improve balance and coordination with integrated and challenging movements.

## BODY-BAR PLUS

Use a weighted bar and your own body weight to add variety to full-body resistance workouts. (Level 2)

## BOSU FIT

This total body workout uses the unstable and constantly changing surface of the BOSU to train your balance, agility and overall strength. A dynamic and creative way to increase your functional strength and stamina.

## CARDIO BOXING

Learn basic moves and punches using focus mitts and boxing gloves.

## CARDIO DRUMMING

A fun cardio workout using barrels, drumsticks, high energy drum music and choreography. No drumming experience necessary.

## CARDIO MUSCLE BLAST

A high energy interval class that includes intermittent cardio and strength intervals using cardio machines, your own body weight, and free weights. Be prepared to elevate your heart rate and sweat. (Level 2-3)

## CIRCUIT TRAINING

A 15-minute cardio segment followed by a vigorous workout around a multi-station circuit. Introductory classes available on Sunday.

## CORE CHALLENGE

A 30-minute core workout that perfectly targets and strengthens the mid-section muscles.

## DANCE

Hip-hop, striptease, Latin, African and other styles for fun and fitness. (Style varies daily)

## DANCE WITH YUICHI

Join our Hollywood choreographer for his once-a-week Broadway dance class and party. A tradition!

## FELDENKRAIS®

Using subtle movements the participant can explore our own sensations, listen to our internal feedback and make natural self-corrections within their bodies. Goal is to change deeply held patterns and habits that constrain our movement and potential.

## FOAM ROLLER

Release muscular tension and increase range of motion through massage on a cylinder roller.

## KETTLE BELLS

A unique training tool for building deep down strength. Think of a cannon ball with a handle. Kettle bells will challenge your arms, legs, and core to the max. (Level 2)

## NIA (NEUROMUSCULAR INTEGRATIVE ACTION)

Low-impact aerobic workout uses movement, melody, and rhythm inspired by jazz, modern, and Eastern dance forms. Strengthens the body, improves balance, and nourishes the spirit. (Shoes optional)

## OPEN WEIGHT ROOM

Work out in Azteca Gym on HOIST fitness equipment, plus treadmills, bikes, free weights, ellipticals, and more.

## PAR COUR

A 2-mile trail with challenge/obstacle stations placed throughout. Join us for a guided class and then do it on your own with fellow guests during the week.

## PARTNER THAI MASSAGE

A combination of massage, assisted stretching, joint stimulation, & acupressure. You will be guided through a series of take home techniques that you and your friend / partner will practice on each other during the class.

## POSTURAL THERAPY

Bring the body back to its natural alignment by finding and addressing muscle imbalances using release techniques, exploring range of motion, re-firing muscles, and various gentle stretching modalities.

## RANCH BOOTCAMP

Improves speed, strength, and agility through quick and powerful athletic drills. Walk, run, step, jump, and shuffle your way to a healthier heart and stronger body. Pace and intensity varies in this indoor/outdoor class. (Level 2-3)

## RANCH CYCLING

Ride the "open road," climb a "mountain," and do sprints while enjoying the stability of a stationary bike. (All Levels)

## RANCH ROPES

High intensity, low impact, full body workout utilizing large training ropes. Sequenced drills in progressive strength, cardio and power formats.

## RELEASE & MOBILIZE

Experience deep muscle release and increased mobility using tennis balls on specific trigger points and myofascial junctions with the goal of decreasing tightness and muscle spasms.

## SAND VOLLEYBALL

A brief warm-up and introduction to techniques followed by fun, energetic games.

## SCULPT & STRENGTHEN

Increase strength, metabolism, and bone density while learning resistance exercises with tubing, Dyna-Bands®, and dumbbells.

## STABILITY BALL

Join us in this 30 minute fun workout. Class is focused on building strength, balance, coordination and endurance.

## STRETCH

A full body head to toe stretch.

## STRETCH & RELAX

A soothing full body stretch with a relaxation component at the end.

## TABATA SCULPT

Cardio intervals incorporating strength training. Inspired by the 20 second work/10 second recover Tabata interval protocol. (Level 2-3)

## T'AI CHI

This gentle, ancient Chinese martial art is an easy-to-learn moving meditation that improves balance and body awareness.

## TRX BASICS

A suspension strap training system with unlimited versatility to tap into your balance and joint control. Learn strap management and basic movements to help you find total body power in a small group setting.

## TRX CARDIO

Fast moving TRX class that works the entire body and includes a 2-4 minute dedicated Cardio section. Cardio moves are done on and off the straps. Each individual is encouraged to choose a difficulty level at the upper edge of their ability. TRX experience required. (Level 2-3 class)

## TRX COMBO

Enjoy a combination of land based and suspension exercises in a fast paced circuit format. (Level 2)

## WATER POLO ON THE NOODLE

A fun and friendly competitive game of polo done in our activity pool while balancing on a noodle; everyone welcome!

## WATER VOLLEYBALL

Join us in the central shallow pool for a refreshing and fun water volleyball game. Same rules apply as normal volleyball; you are in the water, getting wet and having fun! The more players the more fun.

## YOGA SCULPT

Designed to strengthen and sculpt every major muscle group. Free weights are used in a sequence of standing and seated yoga postures to intensify each pose. Yoga Sculpt will boost your metabolism and complement your regular yoga practice. (Level 2)

# PILATES

## PILATES ARC BARREL CLASS

A Pilates arc barrel mat class to increase and deepen your Pilates core experience.

## PILATES EQUIPMENT CIRCUIT

Rotate through eight to ten stations using reformers, chairs, jump boards and other Pilates equipment. Please note: this class is designed for guests who are familiar with Pilates equipment.

## PILATES FUNDAMENTALS MAT, LEVEL 1

A great progressive class is for those who have never experienced the benefits of this core strengthening, posture aligning methodology.

## PILATES INTERMEDIATE MAT, LEVEL 2

An energetic fast paced Pilates mat class is for people who regularly practice Pilates mat.

## PILATES TOWER: FUNDAMENTALS

An introduction to the Pilates Tower, also known as the Cadillac is geared for those with some Pilates mat or equipment experience. The Tower offers another dimension to the Pilates equipment experience to increase kinesthetic awareness, strength, and flexibility in a non-impact environment.

## PILATES REFORMER FUNDAMENTALS, LEVEL 1

A group Pilates reformer class is for those who have never been on a Pilates reformer. (Sign up required. Additional Fee.)

## PILATES INTERMEDIATE REFORMER, LEVEL 2

A group Pilates reformer class is for those who regularly take reformer class as the repertoire will include: The Hundred with straight legs, planks, and inversions. (Sign up required. Additional fee)

# GYROTONIC EXPANSION SYSTEM®

## GYROKINESIS®

Starting on a short stool utilizing small movements of the spine which are circular or spiral in look and feel. Using breath, rhythm and pulsating movements to gently open the spine and joints, massage internal organs, stretches muscles, nerves, tendons and increases an overall sense of well being. Respiratory strength, a release of tension, detoxification with specific breathing patterns, and profound core body strength are among the benefits of a regular practice.

## GYROTONIC® PULLEY TOWER\* DEMONSTRATION

A demonstration of the concepts and movements learned in the **GYROKINESIS®** class are shown on the **GYROTONIC®** Pulley Tower. The Pulley Tower increases range of motion possibility as well as deepening the challenge through increased resistance.

*\*Private sessions are available by appointment with our certified GYROTONIC® instructors.*

# YOGA

## RESTORATIVE YOGA

All welcome. Fundamental yoga poses practiced while supporting the body with blankets, bolsters, blocks and straps, allowing you a deeper sensation of "being in the moment." A beautiful practice for relaxation, restoration, and renewal.

## YOGA/FUNDAMENTALS: LEVEL ONE

Ideal for beginners or guests interested in a slower paced class that addresses fundamental skills and terminology. (Progressive)

## YOGA: LEVEL TWO

For experienced practitioners with a current yoga practice. Our instructors bring a wide range of teaching styles including Iyengar, Ashtanga and Vinyasa and will include various combinations of Sun Salutations, Pranyama, yoga philosophy, inversions, backbends, and twists. An invigorating and creative practice. (75 minutes)

## SUNRISE YOGA

This early morning beginner yoga class will wake up your mind and body to the day's possibilities. Please note: this class is not offered every week.

# WATER PROGRAM presented by HYDRO-FIT®

## H2O BOOT CAMP

This intense deep-water workout, using HYDRO-FIT® buoyancy and resistance gear, keeps your heart rate up, burns calories, and tones your entire body. All without impact to your joints and muscles. Working out hard never felt so good. No swimming skill is required, although comfort in deep water is recommended.

## HYDRO-FIT® DEEP

Deep-water training is an ideal no-impact addition to your Ranch week. Specialized HYDRO-FIT® buoyancy and resistance gear strengthens and tones your entire body while pushing fat-burning systems into high gear. No swimming skill is required, although comfort in deep water is recommended.

## SWIM CONDITIONING

Our coach is "on deck" to motivate and lead you through a great swim workout. Learn how to combine effective conditioning and training principles to your swim workout. Improve endurance, stamina and stroke technique in a fun and non-competitive environment.

## SWIM CLINIC

Obtain helpful tips on how to improve your stroke technique for a more enjoyable swimming experience. With assistance from our water coach you'll learn how to move through the water with less effort, more grace and improved efficiency. All levels are welcome — from beginner to experienced. (30 minutes).

## WATER JOGGING

Experience water's natural assistance and resistance as you enjoy a no-impact walking, jogging, running workout in the pool. HYDRO-FIT buoyancy equipment will keep you comfortably afloat as you experience a cross-country workout like no other. Swimming skills are not required, although comfort in deep water is recommended.

## THE WAVE

Harness the power of liquid resistance and experience a body-friendly workout that feels good. Our low-impact, shallow-water class targets aerobic endurance, muscular strength, flexibility and balance.

## RACQUET SPORTS

Clinics are designed to focus on specific strokes or an aspect of your game. Time is allotted for practice drills. Days and times are subject to change.

### LEVEL ONE (BEGINNERS) / LEVEL TWO (INTERMEDIATE)

#### DAY ONE

Level 1 - Forehand & Backhand  
Level 2 - Round Robin Play

#### DAY TWO

Level 1 - Serve  
Level 2 - Forehand & Backhand

#### DAY THREE

Level 1 - Volley  
Level 2 - Serve

#### DAY FOUR

Level 1 - Overhead  
Level 2 - Volley

THE FOLLOWING ARE AVAILABLE BY APPOINTMENT SUNDAY THROUGH FRIDAY. (ADDITIONAL FEE)

- Private and semi-private lessons (50 minutes)
- Doubles Strategy: (Minimum of three players and maximum of eight: 50 minutes)

SIGN-UP SHEETS LOCATED AT THE TENNIS OFFICE FOR PEOPLE LOOKING FOR A TENNIS GAME.

## PICKLEBALL

This is a fun sport that combines many elements of tennis, badminton and ping-pong. Played with a paddle and a plastic ball, outdoors on a slightly modified tennis court. The rules are simple and the game is easy for beginners. Pickleball can develop into a quick, fast-paced, competitive game fun for all levels.

## THE INNER SELF

### CHANT: SACRED SOUND PRACTICE

Create harmony and communion with a meditation of sacred song and chants from various traditions.

### INNER JOURNEY

Learn how to bring peacefulness, enhanced consciousness, and mindfulness to your daily life through meditation.

### LABYRINTH

A powerful walking ritual to open your consciousness, set deep in an ancient oak grove on our full-scale replica of the classic labyrinth found at Chartres Cathedral. A healing and transformative experience!

### MEDITATION PRACTICE

Unravel the mystery of meditation during a gentle and comfortable practice.

### REFLEXOLOGY ON "THE SPIRAL"

A walk over smooth riverstones set into spiraling stone pathways located near the entrance to Women's Health Center. (Self-guided)

### SILENT DINNER

A meditative meal enjoyed without conversation, accompanied by inspirational music.

### SLEEP WELL

Learn about possible barriers to a good night's sleep, and the helpful things you can do to ensure the quality sleep needed for optimal health and enjoyment of life.

### SOUND HEALING

Crystal bowls emit pure sound waves that resonate throughout the body's tissues and organs. These sounds and vibrations affect brain wave activity causing the release of powerful neurohormones that suppress pain, heighten the immune system, and produce deep relaxation.

## MEN'S PROGRAM

Rancho La Puerta was co-founded by a man and has always been co-ed. Whether you'd like to train for a specific sport or activity, or just get in general shape, the Ranch can offer challenges from easy-going to strenuous. Balance your week by selecting classes from a variety of modalities.

- Cardio
- Flexibility
- Hiking
- Inner Self
- Pilates
- Running
- Strength
- Tennis
- Water Program
- Yoga

## PRIVATE TRAINING

### PRIVATE SESSIONS

Ranch Fitness Staff experts are available in all fitness modalities offered on the guest schedule. Our instructors do not solicit private sessions. If you are interested, please ask the instructor of your choice directly and find a time that is convenient for both of you. (Additional fee)

# PRESENTATIONS, ACTIVITIES, TALKS & CONSULTATIONS

## EVENING AND AFTERNOON LECTURES, PRESENTATIONS, AND WORKSHOPS

A wide variety of inspiring, educational, and often just-plain fun programs presented throughout the week by noted experts, authors, musicians, and adventurers.

## AN EVENING WITH DEBORAH SZEKELY (INTERVIEWED BY BARRY)

Join Barry as he interviews Deborah, co-founder of Rancho La Puerta in 1940. She will share her 93 years of life experiences. Find out how the Ranch came to be, some of the changes it has undergone, and how Deborah keeps herself and the Ranch so vibrant. There will be some time for questions and answers.

## CREATIVE EXPRESSION

Make something beautiful to take home! Our resident art teacher offers afternoon and evening programs throughout the week including daily workshops in jewelry making, landscape sketching, water colors and sculpting.



## COOKING CLASSES AT LA COCINA QUE CANTA

Enjoy a choice of hands-on and/or demonstration classes taught by well known guest teachers. All meals and "tastes" included. Come with a healthy appetite! All Rancho La Puerta guests have the option of taking one or more Cocina healthy cooking classes. Our Hands-On Class lasts three hours. (Additional fee)

## HANDS-ON GARDENING

Join our gardeners, get your hands dirty, and see how the food we serve makes it to your dinner plate. This two-hour experience is an extension of the Organic Garden Breakfast Hike and takes place out at our farm *Tres Estrellas*. (See sign up board for details)

## NUTRITION CONSULTATION

Personal advice on creating a nutrition program that fits your everyday life. (Additional fee)

## NUTRITION TALKS

Insightful exploration into the world of organic food, health and nutrition. (Details posted in Lounge)

## TOUR LAS PIEDRAS ENVIRONMENTAL EDUCATION CENTER

Visit *Las Piedras*, our Nature Interpretive Center at Professor's Park, after the Garden Breakfast Hike. Vans will be available to take you from *Tres Estrellas* to *Las Piedras* and back to the Ranch in time for a 9 a.m. class. (Days of tour vary)



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