

Sample Week

Your Week Begins...

In 1940, Rancho La Puerta initiated the “Fitness Week” —different classes every hour on the hour. The classes have changed since then, but the essence of the Ranch experience is timeless—a balance between fitness and renewal, achieved via a host of new challenges, relaxation and stretching, learning experiences, and surprises! You'll soon discover that a hammock can be as important as an exercise mat and Mount Kuchumaa has secrets that can be revealed only when you leave the gyms behind.

Use this schedule to plan your Personal Program for the week....but stay flexible-there's so much to experience! Classes begin on time and are of 45-minute duration unless otherwise indicated. Please check the board in the lounge for details and sign up sheets. Above all enjoy your week with us!

SATURDAY | Sample Arrival Day

6:15	<input type="checkbox"/>	Mountain Hike: Professor's Hike (3.5 miles) Lounge
7:00	<input type="checkbox"/>	Quail One Hike (2 miles) Lounge
	<input type="checkbox"/>	Open Weight Room (4.5 hrs) Azteca
9:00	<input type="checkbox"/>	Stretch Pinetree
	<input type="checkbox"/>	Bird Walk Gazebo
10:15	<input type="checkbox"/>	Circuit Training Azteca
	<input type="checkbox"/>	Yoga Fundamentals: All Levels Montaña
11:15	<input type="checkbox"/>	Open Weight Room Azteca
	<input type="checkbox"/>	Water Works Activity Pool
1:00	<input type="checkbox"/>	Navigator Program: Sign up for a 30-minute Consultation with a Fitness Specialist (Appointments available from 1:00 pm - 3:00 pm) Dining Room
2:00	<input type="checkbox"/>	Afternoon Hike (2 miles) Lounge
3:00	<input type="checkbox"/>	Stretch Plnetree
4:15	<input type="checkbox"/>	Men's Program Orientation Library Lounge
5:00	<input type="checkbox"/>	Ranch Tour Departs from Lounge
	<input type="checkbox"/>	Returnee Guest Update Tolteca
5:30	<input type="checkbox"/>	Ranch Orientation Olmeca
8:00	<input type="checkbox"/>	The Birds of Rancho La Puerta, with Joe Sweeney Olmeca
	<input type="checkbox"/>	Movie: Julie and Julia Library Lounge

MEAL HOURS

SATURDAY

Breakfast 7:00 am to 9:00 am
Lunch 11:30 am to 3:30 pm
Dinner 6:00 pm to 7:30 pm

SUNDAY THROUGH FRIDAY

Breakfast 7:30 to 9:00 am
Lunch 12:00 pm to 1:30 pm
Dinner 6:00 pm to 7:30 pm

SUNDAY | Sample

6:15	<input type="checkbox"/>	Mountain Hike: Professor's Hike (3.5 miles) Lounge
6:30	<input type="checkbox"/>	Mountain Hike: Quail Two Hike (2.5 miles) Lounge
7:00	<input type="checkbox"/>	Quail One Hike (2 miles) Lounge
	<input type="checkbox"/>	Open Weight Room (2hrs) Azteca
8:15	<input type="checkbox"/>	Meet the Presenters Dining Hall
9:00	<input type="checkbox"/>	Feldenkrais (Su,M,Tu) Oaktree
	<input type="checkbox"/>	Introduction to Men's Circuit Training Azteca
	<input type="checkbox"/>	Introduction to Pilates Matwork (Su,M) / Progressive Pinetree
	<input type="checkbox"/>	Sculpt & Strengthen: Level 2 (Su,Tu,Th) Olmeca
	<input type="checkbox"/>	Stretch Montaña
	<input type="checkbox"/>	Tennis Clinic: Level 1 (Su,M,Tu,W) Tennis Court
10:00	<input type="checkbox"/>	Introduction to Circuit Training Azteca
	<input type="checkbox"/>	Pilates Matwork: Level 2 (Su,M,W,F) Pinetree
	<input type="checkbox"/>	Sculpt & Strengthen: Level 1 (Su,Th) Olmeca
	<input type="checkbox"/>	Dance Class Kuchumaa
	<input type="checkbox"/>	Tennis Clinic: Level 2 (Su,M,Tu,W) Tennis Court
	<input type="checkbox"/>	Yoga Fundamentals: Level 1 / Progressive Montaña
11:00	<input type="checkbox"/>	Aqua Plus (Su,Tu,Th) Activity Pool
	<input type="checkbox"/>	Cardio Drumming (Su,Tu,F) (sign up) Kuchumaa
	<input type="checkbox"/>	Strength Training without Weights (Su,Th) Olmeca
	<input type="checkbox"/>	Stretch (Su,Tu,Th) Tolteca
	<input type="checkbox"/>	Trekking: Treadmill Workout / sign up (Su) Azteca
	<input type="checkbox"/>	Yoga: Level 2 (75 min) Montaña
12:00	<input type="checkbox"/>	First Time Spa Goers Lunch Los Olivos (Dining Hall Balcony)
	<input type="checkbox"/>	Meditation / 30 min (Su,Th) Milagro
	<input type="checkbox"/>	Swim Clinic / 30 min (Su,Tu) Activity Pool
1:00	<input type="checkbox"/>	What is Feldenkrais? Tolteca
1:30	<input type="checkbox"/>	Orientation and sign up for Pilates Reformer (20 min) Pilates Studio
2:00	<input type="checkbox"/>	Balance and Coordination (Su,Th) Olmeca
	<input type="checkbox"/>	Dance Class Kuchumaa
	<input type="checkbox"/>	Introduction to Circuit Training (Su,M,W,F) Azteca
	<input type="checkbox"/>	Stretch / Recommended for Men (Su,Th) Arroyo
	<input type="checkbox"/>	Water Works (Su,Tu,Th) Activity Pool
	<input type="checkbox"/>	Magnify Your Health: What is Craniosacral Therapy? Tolteca
3:00	<input type="checkbox"/>	Aqua “Flow and Flexibility” (Su,Tu,Th) Activity Pool
	<input type="checkbox"/>	Crystal Bowl: Sound Healing (Su) Milagro
	<input type="checkbox"/>	Feldenkrais (Su,M,Tu) Oaktree
	<input type="checkbox"/>	Open Weight Room Azteca
4:00	<input type="checkbox"/>	Bird Walk (Su) Gazebo
	<input type="checkbox"/>	Inner Journey: Guided Meditation Oaktree
	<input type="checkbox"/>	Open Weight Room Azteca
	<input type="checkbox"/>	Stretch and Relax (Su,Tu,Th) Montaña
	<input type="checkbox"/>	Mexico: The Magic of its Past, the Reality of its Present, with José Flores, Ph.D. Tolteca
8:00	<input type="checkbox"/>	All for the Birds, Recital with Elena Durán, Flute and Betty Woo, Piano Oaktree
	<input type="checkbox"/>	Amelia Library Lounge

MONDAY | Sample

6:15	<input type="checkbox"/>	Mountain Hike: Pilgrim Hike (3.5 miles) Lounge
6:30	<input type="checkbox"/>	Woodlands Meditation Hike (2 miles) Lounge
6:45	<input type="checkbox"/>	Road Runner Trail / RUN (5 mile run) Lounge
7:00	<input type="checkbox"/>	Quail One Hike (2 miles) Lounge
	<input type="checkbox"/>	Open Weight Room (2hrs) Azteca
8:00	<input type="checkbox"/>	Navigator Program (M) Dining Hall
8:55	<input type="checkbox"/>	Fit Check / sign up – 50 min (M) Kuchumaa
9:00	<input type="checkbox"/>	Bird Walk (M,F) Gazebo
	<input type="checkbox"/>	Body Bar: Level 2 (M,W,F) Olmeca
	<input type="checkbox"/>	Feldenkrais (Su,M,Tu) Oaktree
	<input type="checkbox"/>	Introduction to Pilates Matwork / Progressive (Su,M) Pinetree
	<input type="checkbox"/>	Men's Circuit Training (M,Tu,Th,F) Azteca
	<input type="checkbox"/>	Stretch Montaña
	<input type="checkbox"/>	Tennis Clinic: Level 1 (Su,M,Tu,W) Tennis Court
10:00	<input type="checkbox"/>	Dance Class Kuchumaa
	<input type="checkbox"/>	Cardio Cycling: Level 2 / sign up (M,F) Maya
	<input type="checkbox"/>	Circuit Training Azteca
	<input type="checkbox"/>	Pilates Matwork: Level 2 (Su,M,W,F) Pinetree
	<input type="checkbox"/>	Tennis Clinic: Level 2 (Su,M,Tu,W) Tennis Court
	<input type="checkbox"/>	Wave Run (M,W,F) Activity Pool
	<input type="checkbox"/>	Yoga Fundamentals: Level 1 / Progressive Montaña
11:00	<input type="checkbox"/>	Core Workout: Recommended for Men (M,W,F) Olmeca
	<input type="checkbox"/>	Release & Mobilize / please wear socks (M,W,F) Tolteca
	<input type="checkbox"/>	Super Cross Training (M,F) Azteca
	<input type="checkbox"/>	Water Works (M,W,F) Activity Pool
	<input type="checkbox"/>	Yoga: Level 2 (75 min) Montaña
12:00	<input type="checkbox"/>	Labyrinth 30 min (M,F) Labyrinth
1:00	<input type="checkbox"/>	Nutrition: Protein- How Much is Enough? Tolteca
2:00	<input type="checkbox"/>	Aqua Plus (M,W) Activity Pool
	<input type="checkbox"/>	Dance Class Kuchumaa
	<input type="checkbox"/>	Circuit Training (Su, M,W,F) Azteca
	<input type="checkbox"/>	Par Cour: Obstacle Course 60- 75 minutos Meet at the Entrance to Kuchumaa Gym
	<input type="checkbox"/>	Postural Therapy (M,Tu) Tolteca
3:00	<input type="checkbox"/>	Feldenkrais (Su,M,Tu) Oaktree
	<input type="checkbox"/>	Fitball (M,Th) Tolteca
	<input type="checkbox"/>	Pilates Reformer: Level 1 (M,W,F) (Sign up at Sun. Intro, fee) Pilates Studio
	<input type="checkbox"/>	Open Weight Room Azteca
	<input type="checkbox"/>	Sand Volleyball (M,W,F) Sand Court
	<input type="checkbox"/>	Yoga for Men (M,F) Montaña
	<input type="checkbox"/>	Nutrition: Carbs – Fuel or Fat Maker LibraryLounge
4:00	<input type="checkbox"/>	Foam Roller (M,W,F) Olmeca
	<input type="checkbox"/>	Inner Journey: Guided Meditation Oaktree
	<input type="checkbox"/>	Open Weight Room Azteca
	<input type="checkbox"/>	Restorative Yoga (M,W,F) Montaña
	<input type="checkbox"/>	Ranch Spanish Library (M,Tu)
	<input type="checkbox"/>	The Internet: How It Can (And Should) Make Your Life Easier, with Maneesh Arora Library Lounge
5:00	<input type="checkbox"/>	Guest Reception Lounge
8:00	<input type="checkbox"/>	Images of Alaska, with Neil Solomon Olmeca
	<input type="checkbox"/>	Movie: Up in the Air Library Lounge

TUESDAY | Sample

6:00	<input type="checkbox"/>	Mountain Hike: Coyote Hike (5.5 miles) Lounge
	<input type="checkbox"/>	Organic Garden Breakfast Hike (4 miles / Sign up) Lounge
6:15	<input type="checkbox"/>	Mountain Hike: Professor's Hike (3.5 miles) Lounge
7:00	<input type="checkbox"/>	Woodlands Hike (2 miles) Lounge
	<input type="checkbox"/>	Open Weight Room (2hrs) Azteca
9:00	<input type="checkbox"/>	Feldenkrais (Su,M,Tu) Oaktree
	<input type="checkbox"/>	Men's Circuit Training (M,Tu,Th,F) Azteca
	<input type="checkbox"/>	Pilates Matwork: Level 1 / Progressive (Tu,W,Th,F) Pinetree
	<input type="checkbox"/>	Sculpt & Strengthen: Level 2 (Su,Tu,Th) Olmeca
	<input type="checkbox"/>	Stretch Montaña
	<input type="checkbox"/>	Tennis Clinic: Level 1 (Su,M,Tu,W) Tennis Court
	<input type="checkbox"/>	Mexican Folk Art and Sculpture Walk Dining Hall
10:00	<input type="checkbox"/>	Cardio Cycling: Level 1 / sign up (Tu,Th) Maya
	<input type="checkbox"/>	Circuit Training Azteca
	<input type="checkbox"/>	Pilates on the Arc Barrel /sign up (Tu,Th) Pinetree
	<input type="checkbox"/>	Dance Class Kuchumaa
	<input type="checkbox"/>	Tennis Clinic: Level 2 (Su,M,Tu,W) Tennis Court
	<input type="checkbox"/>	Yoga Fundamentals: Level 1 / Progressive Montaña
11:00	<input type="checkbox"/>	Aqua Plus (Su,Tu,Th) Activity Pool
	<input type="checkbox"/>	Cardio Drumming (Su,Tu,F) (sign up) Kuchumaa
	<input type="checkbox"/>	Open Weight Room (Su,Tu,W,Th) Azteca
	<input type="checkbox"/>	Stretch (Su,Tu,Th) Tolteca
	<input type="checkbox"/>	Yoga: Level 2 (75 min) Montaña
12:00	<input type="checkbox"/>	Healthy Breathing (30 min) Arroyo
	<input type="checkbox"/>	L.A.B. Circuit: Legs, Abs, & Backs / 30 min (Tu,Th) Olmeca
	<input type="checkbox"/>	Swim Clinic / 30 min (Su,Tu) Activity Pool
1:00	<input type="checkbox"/>	Weight Loss Strategies for Becoming a Better Burning Machine Tolteca
	<input type="checkbox"/>	Sculpting Workshop with José Ignacio Castañeda (Sign up) Art Studio
2:00	<input type="checkbox"/>	Dance Class Kuchumaa
	<input type="checkbox"/>	Crystal Bowl: Sound Healing (Tu) Milagro
	<input type="checkbox"/>	Open Weight Room Azteca
	<input type="checkbox"/>	Postural Therapy (Tu,M) Tolteca
	<input type="checkbox"/>	Water Works (Su,Tu,Th) Activity Pool
2:30	<input type="checkbox"/>	Design Your Own Jewelry (Sign up) Art Studio
3:00	<input type="checkbox"/>	Aqua “Flow and Flexibility”(Su,Tu,Th) Activity Pool
	<input type="checkbox"/>	Feldenkrais (Su,M,Tu) Oaktree
	<input type="checkbox"/>	Pilates Reformer: Level 2 (Tu,Th) (Sign up at Sun. Intro, fee) Pilates Studio
	<input type="checkbox"/>	Running Clinic (Tu) Running Track
	<input type="checkbox"/>	Tai Chi (Tu,W,Th) Montaña
	<input type="checkbox"/>	Trekking: Treadmill Workout (Tu,Th) Azteca
	<input type="checkbox"/>	Nutrition: Fats – The Good, The Bad and The Ugly Library Lounge
4:00	<input type="checkbox"/>	Inner Journey: Guided Meditation Oaktree
	<input type="checkbox"/>	Open Weight Room Azteca
	<input type="checkbox"/>	Stretch and Relax (Su,Tu,Th) Montaña
	<input type="checkbox"/>	Ranch Spanish Library (M,Tu)
	<input type="checkbox"/>	The Internet: How It Can (And Should) Make Your Life Easier, PART II, with Maneesh Arora Library Lounge
5:00	<input type="checkbox"/>	Jam Session Lounge
7:30	<input type="checkbox"/>	Design Your Own Jewelry, with Jennifer Brandt (Sign up) Art Studio
8:00	<input type="checkbox"/>	What is Inside Shines Out, with Myra Klahr Oaktree
	<input type="checkbox"/>	Movie: Vicky Cristina Barcelona Library Lounge

WEDNESDAY | Sample

6:00	<input type="checkbox"/> Organic Garden Breakfast Hike (4 miles / Sign up) Lounge (Hands-on-gardening offered – see sign up for details)
6:15	<input type="checkbox"/> Mountain Hike: Pilgrim Hike (3.5 miles) Lounge
6:30	<input type="checkbox"/> Mountain Hike: Quail Two Hike (2.5 miles) Lounge
7:00	<input type="checkbox"/> Quail One Hike (2 miles) Lounge <input type="checkbox"/> Open Weight Room (2hrs) Azteca
9:00	<input type="checkbox"/> Body Bar: Level 2 (M,W,F) Olmeca <input type="checkbox"/> Pilates Matwork: Level 1 / Progressive (Tu,W,Th,F) Pinetree <input type="checkbox"/> Smart Weight Lifting (sign up) Azteca <input type="checkbox"/> Stretch Montaña <input type="checkbox"/> Tennis Clinic: Level 1 (Su,M,Tu,W) Tennis Court
10:00	<input type="checkbox"/> Dance Class Kuchumaa <input type="checkbox"/> Circuit Training Azteca <input type="checkbox"/> Pilates Matwork: Level 2 (Su,M,W,F) Pinetree <input type="checkbox"/> Tennis Clinic: Level 2 (Su,M,Tu,W) Tennis Court <input type="checkbox"/> Wave Run (M,W,F) Activity Pool <input type="checkbox"/> Yoga Fundamentals: Level 1 / Progressive Montaña
11:00	<input type="checkbox"/> Cardio Boot Camp: Level 2 (W) Kuchumaa <input type="checkbox"/> Core Workout: Recommended for Men (M,W,F) Olmeca <input type="checkbox"/> Open Weight Room (Su,Tu,W,Th) Azteca <input type="checkbox"/> Release & Mobilize / please wear socks (M,W,F)Tolteca <input type="checkbox"/> Water Works (M,W,F) Activity Pool <input type="checkbox"/> Yoga: Level 2 (75 min) Montaña <input type="checkbox"/> Hands-On Cooking Class with Visiting Teacher Alisa Barry (Register at ext. 625, fee, 3.5 hrs w/transportation) Meet at <u>Administration Building</u> for prompt departure.
1:00	<input type="checkbox"/> Making Yourself Stress Hardy: Nutrition & Strategies Tolteca
2:00	<input type="checkbox"/> Aqua Plus (M,W) Activity Pool <input type="checkbox"/> Chant : Sacred Sound Practice (W) Milagro <input type="checkbox"/> Circuit Training (Su,M,W,F) Azteca <input type="checkbox"/> Dance Class Kuchumaa <input type="checkbox"/> Sleep Well: Tips for a Better Night’s Sleep! Part I (W,F) Oaktree
2:30	<input type="checkbox"/> Landscape Sketching Art Studio
3:00	<input type="checkbox"/> L.A.B. Circuit: Legs, Abs, & Backs / 30 min (W,F) Olmeca <input type="checkbox"/> Open Weight Room Azteca <input type="checkbox"/> Pilates Reformer: Level 1 (M,W,F) (Sign up at Sun. Intro, fee) Pilates Studio <input type="checkbox"/> Sand Volleyball (M,W,F) Sand Court <input type="checkbox"/> Tai Chi (Tu,W,Th) Montaña <input type="checkbox"/> Lighten Up: Role of Calorie Restriction, Juice Fasting & Inner Cleansing on Health & Longevity Library Lounge
4:00	<input type="checkbox"/> Foam Roller (M,W,F) Olmeca <input type="checkbox"/> Open Weight Room Azteca <input type="checkbox"/> Restorative Yoga (M,W,F) Montaña <input type="checkbox"/> Inner Journey: Guided Meditation Oaktree <input type="checkbox"/> Hands-On Cooking Class with Visiting Teacher Alisa Barry (Register at ext. 625, fee, 3.5 hrs w/transportation) Meet at <u>Administration Building</u> for prompt departure. <input type="checkbox"/> Writing Workshop with Myra Klahr Library Lounge
7:30	<input type="checkbox"/> Design Your Own Jewelry, with Jennifer Brandt (Sign up) Art Studio
7:40	<input type="checkbox"/> History of Rancho La Puerta (DVD 12 min.) Library Lounge
8:00	<input type="checkbox"/> Bingo with Barry! Tolteca <input type="checkbox"/> Movie: Love Happens Library Lounge

THURSDAY | Sample

6:00	<input type="checkbox"/> Organic Garden Breakfast Hike (4 miles / Sign up) Lounge
6:15	<input type="checkbox"/> 7 Mile Mountain Breakfast Hike (sign up) Lounge <input type="checkbox"/> Mountain Hike: Professor’s Hike (3.5 miles) Lounge
6:30	<input type="checkbox"/> Meditation Hike: Dove Hike (1.2 miles) Lounge
7:00	<input type="checkbox"/> Woodlands Hike (2 miles) Lounge <input type="checkbox"/> Open Weight Room (2hrs) Azteca
9:00	<input type="checkbox"/> Men’s Circuit Training (M,Tu,Th,F) Azteca <input type="checkbox"/> Pilates Matwork: Level 1 / Progressive (Tu,W,Th,F) Pinetree <input type="checkbox"/> Sculpt & Strengthen: Level 2 (Su,Tu,Th) Olmeca <input type="checkbox"/> Stretch Montaña
10:00	<input type="checkbox"/> Dance Class Kuchumaa <input type="checkbox"/> Cardio Cycling: Level I / sign up (Tu,Th) Maya <input type="checkbox"/> Circuit Training Azteca <input type="checkbox"/> Pilates on the Arc Barrel /sign up (Tu,Th) Pinetree <input type="checkbox"/> Sculpt and Strengthen: Level 1 (Su,Th) Olmeca <input type="checkbox"/> Yoga Fundamentals: Level 1 / Progressive Montaña
11:00	<input type="checkbox"/> Aqua Plus (Su,Tu,Th) Activity Pool <input type="checkbox"/> Cardio Boxing (Th) Kuchumaa <input type="checkbox"/> Open Weight Room Azteca <input type="checkbox"/> Strength Training without Weights (Su,Th) Olmeca <input type="checkbox"/> Stretch (Su,Tu,Th) Tolteca <input type="checkbox"/> Yoga: Level 2 (75 min) Montaña
12:00	<input type="checkbox"/> L.A.B. Circuit: Legs, Abs, & Backs / 30 min (Tu,Th) Olmeca <input type="checkbox"/> Meditation / 30 min (Su,Th) Milagro <input type="checkbox"/> World Drumming (sign up) (W) Kuchumaa
1:00	<input type="checkbox"/> Road to Wellness Olmeca <input type="checkbox"/> Sculpting Workshop with José Ignacio Castañeda (Sign up) Art Studio
2:00	<input type="checkbox"/> Dance Class Kuchumaa <input type="checkbox"/> Balance and Coordination (Su,Th) Tolteca <input type="checkbox"/> Open Weight Room <input type="checkbox"/> Stretch / Recommended for men (Su,Th) Arroyo <input type="checkbox"/> Water Works (Su,Tu,Th) Activity Pool
2:30	<input type="checkbox"/> Watercolor (Sign up) Art Studio
3:00	<input type="checkbox"/> Aqua “Flow and Flexibility” (Su,Tu,Th) Activity Pool <input type="checkbox"/> Fitball (M,Th) Tolteca <input type="checkbox"/> Landscape Garden Walk Gazebo <input type="checkbox"/> Pilates Reformer: Level 2 (Tu,Th) (Sign up at Sun. Intro, fee) Pilates Studio <input type="checkbox"/> Tai Chi (Tu,W,Th) Montaña <input type="checkbox"/> Trekking: Treadmill Workout (Tu,Th) Azteca <input type="checkbox"/> Whatever Happened to School Food? with Janet Poppendieck, Library Lounge
4:00	<input type="checkbox"/> Open Weight Room Azteca <input type="checkbox"/> Inner Journey: Guided Meditation Oaktree <input type="checkbox"/> Stretch & Relax (Su,Tu,Th) Montaña <input type="checkbox"/> Hands-On Cooking Class with Visiting Teacher Alisa Barry (Register at ext. 625 fee, 3.5 hrs w/transportation) Meet at <u>Administration Building</u> for prompt departure. <input type="checkbox"/> Writing Workshop with Myra Klahr Library Lounge
5:00	<input type="checkbox"/> Art of Hummingbirds, with Phil Pryde Olmeca
6:15	<input type="checkbox"/> Silent Dinner (Sign up) Los Olivos (Dining Hall Balcony)
7:30	<input type="checkbox"/> Design Your Own Jewelry, with Jennifer Brandt (Sign up) Art Studio
8:00	<input type="checkbox"/> Your Future, Your Body and You, with Deborah Szekely Oaktree <input type="checkbox"/> Movie: The Time Traveler’s Wife Library Lounge

FRIDAY | Sample

6:00	<input type="checkbox"/> Mountain Hike: Coyote Hike (5.5 miles) Lounge
6:15	<input type="checkbox"/> Mountain Hike: Pilgrim Hike (3.5 miles) Lounge <input type="checkbox"/> Road Runner Trail / WALK (5 mile) Lounge
6:30	<input type="checkbox"/> Mountain Hike: Quail Two Hike (2.5 miles) Lounge
7:00	<input type="checkbox"/> Quail One Hike (2 miles) Lounge <input type="checkbox"/> Open Weight Room (2hrs) Azteca
9:00	<input type="checkbox"/> Bird Walk (M,F) Gazebo <input type="checkbox"/> Body Bar: Level 2 (M,W,F) Olmeca <input type="checkbox"/> Crystal Bowl: Sound Healing (F) Milagro <input type="checkbox"/> Men’s Circuit Training (M,Tu,Th,F) Azteca <input type="checkbox"/> Pilates Matwork: Level 1 / Progressive (Tu,W,Th,F) Pinetree <input type="checkbox"/> Stretch Montaña
10:00	<input type="checkbox"/> Dance Class Kuchumaa <input type="checkbox"/> Cardio Cycling: Level 2 / sign up (M ,F) Maya <input type="checkbox"/> Circuit Training Azteca <input type="checkbox"/> Pilates Matwork: Level 2 (Su,M,W,F) Pinetree <input type="checkbox"/> Wave Run (M,W,F) Activity Pool <input type="checkbox"/> Yoga Fundamentals: Level 1 / Progressive Montaña
11:00	<input type="checkbox"/> Cardio Drumming (Su,Tu,F) (sign up) Kuchumaa <input type="checkbox"/> Core Workout for Men (M,W,F) Olmeca <input type="checkbox"/> Release & Mobilize / please wear socks (M,W,F) Tolteca <input type="checkbox"/> Super Cross Training (M,F) Azteca <input type="checkbox"/> Water Works (M,W,F) Activity Pool <input type="checkbox"/> Yoga: Level 2 (75 min) Montaña
12:00	<input type="checkbox"/> Labyrinth 30 min (M,F) Labyrinth
1:00	<input type="checkbox"/> Take the Ranch Home Tolteca <input type="checkbox"/> Food Inc. (DVD, 91 minutes) Library Lounge
2:00	<input type="checkbox"/> Dance Class Kuchumaa <input type="checkbox"/> Circuit Training (Su,M,W,F) Azteca <input type="checkbox"/> Healthy Backs (F) Olmeca <input type="checkbox"/> Sleep Well: Siesta Time Part II W,F) Oaktree
2:30	<input type="checkbox"/> Watercolor (Sign up) Art Studio
3:00	<input type="checkbox"/> L.A.B. Circuit: Legs, Abs, & Backs / 30 min (W,F) Olmeca <input type="checkbox"/> Open Weight Room Azteca <input type="checkbox"/> Sand Volleyball (M,W,F) Sand Court <input type="checkbox"/> Dance with Yuichi Sugiyama! Kuchumaa <input type="checkbox"/> Pilates Reformer: Level 1 (M,W,F) (Sign up at Sun. Intro, fee) Pilates Studio <input type="checkbox"/> Yoga for Men (M,F) Montaña
4:00	<input type="checkbox"/> Foam Roller (M,W,F) Olmeca <input type="checkbox"/> Inner Journey: Guided Meditation Oaktree <input type="checkbox"/> Open Weight Room Azteca <input type="checkbox"/> Restorative Yoga (M,W,F) Montaña <input type="checkbox"/> Writing Workshop with Myra Klahr Library Lounge
5:00	<input type="checkbox"/> Native Peoples of Baja California: Ancient Cultures, Living Traditions, with Michael Wilken Olmeca
6:00	<input type="checkbox"/> Dine & Dance to the Rancho La Puerta Fiesta Band. Special Performance by the Legendary Yuichi! Dining Hall
8:00	<input type="checkbox"/> Movie: The Wild Parrots of Telegraph Hill Library Lounge



YOUR SCHEDULE THIS WEEK

FOR ALL...

CLASSES & ACTIVITIES
LECTURES & ENTERTAINMENT

