



RANCHO LA PUERTA

SATURDAYS AT THE RANCH

March 19th, 2016.

- 7:30a** **Bus leaves San Diego Visitor Center on East Mission Bay**
Rancho La Puerta granola and bottled water to be provided
- 9:00a** **Fresh Snack Buffet, Welcome Tour and Health Center Introduction**
Spa lockers provided in Women's Health Center (WHC) for the day
Villas Health Center (VHC) provides lockers only during treatment time
- 10:00a to 12:00p** **Open Weight Room - Azteca Gym and/or Open Swim 10 - 3 pm - Activity Pool**
Come enjoy our weight room at your own pace. Work out on weights, treadmills, bikes, elliptical and more, or enjoy the Ozone treated water in our Activity Pool
- 10:15a** **Core Challenge – Pinetree (30 min)**
Target and strengthen your mid-section muscles
- Meditation – Milagro (30 min)**
Unravel the mystery of meditation during a gentle and comfortable practice
- 11:00a** **Yoga - Montaña (45 min)**
This classic practice is designed to revitalize the body physically, mentally and spiritually
- 11:30a – 3:00p** **Mediterranean Buffet Lunch – Dining Hall**
Please note any allergies and other food concerns to the Maître D'
- 12:00p** **Labyrinth – Labyrinth (30 min)**
A powerful walking ritual to open your consciousness.
- 1:00p** **Deep Water Fitness Class - Activity Pool (45 mins)**
Build strength and cardio using water's extra resistance
- 2:00p** **Step Aerobic Dance – Kuchumaa (45 min)**
Using an elevated platform this choreographed routine of stepping helps burn fat and calories and strengthens muscles!
- 3:00p** **Bus departs *PROMPTLY* for La Cocina Que Canta – Front Administration Building**
Bring all belongings, pick up passport prior and empty your locker
- 3:30p** **Farm Tour and Cooking Demonstration**
Enjoy the food from the cooking demonstration in an appetizer buffet
- 6:30p** **Depart for San Diego**
- 8:00p** **Anticipated Arrival in San Diego**

**Subject to changes.*