

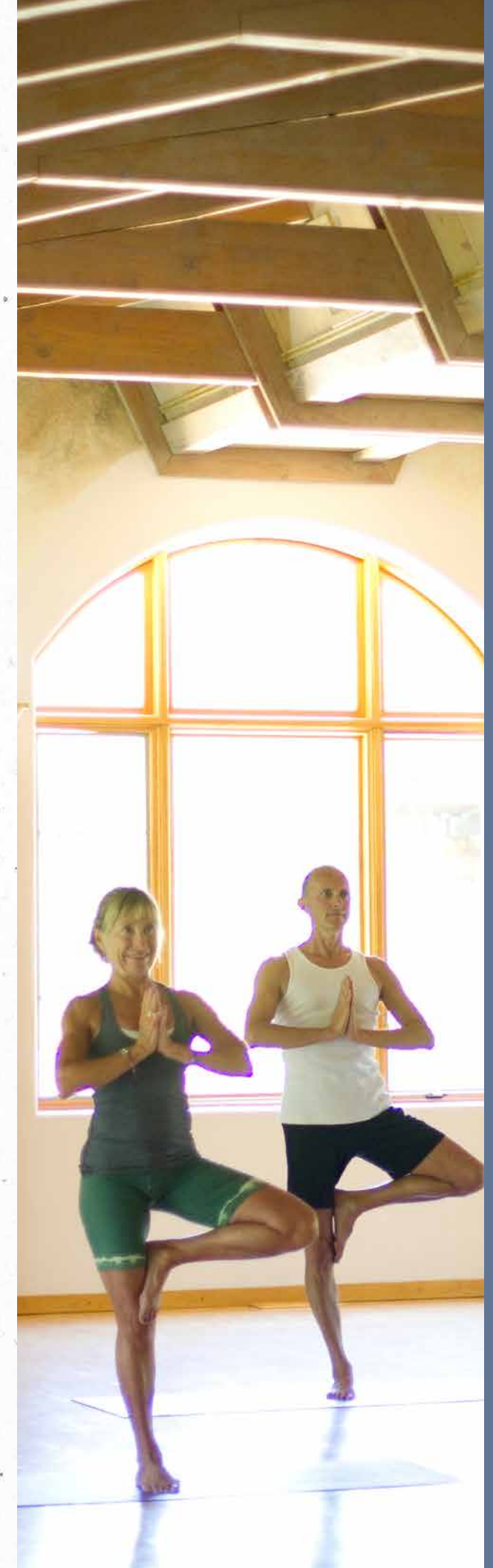
# SAMPLE SCHEDULE - CLASSES ARE SUBJECT TO CHANGE

## WEDNESDAY | Sample

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

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

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





# SAMPLE SCHEDULE - CLASSES AND TIMES ARE SUBJECT TO CHANGE

## 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 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. Most classes are drop-in, but a few may require a sign-up. Please check the board in the Main Lounge for details and sign up sheets. Above all enjoy your week with us!

## SATURDAY | Sample Arrival Day

- 6:15  Mountain Hike: Professor's Hike (3.5 miles) Lounge
- 7:00  Quail One Hike (2 miles) Lounge  
 Open Weight Room (4.5 hrs) Azteca
- 9:00  Stretch Pinetree  
 Bird Walk Gazebo
- 10:15  Circuit Training Azteca  
 Yoga Fundamentals: All Levels Montaña
- 11:15  Open Weight Room Azteca  
 Water Works Activity Pool
- 1:00  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  Afternoon Hike (2 miles) Lounge
- 3:00  Stretch Pinetree
- 4:15  Men's Program Orientation Library Lounge
- 5:00  Ranch Tour Departs from Lounge  
 Returnee Guest Update Tolteca
- 5:30  Ranch Orientation Olmeca
- 8:00  The Birds of Rancho La Puerta, with Joe Sweeney Olmeca  
 Movie: Julie and Julia Library Lounge

### MEAL HOURS

#### SATURDAY

Breakfast 7:00 am to 9:00 am  
Lunch 11:30 am to 3:00 pm  
Dinner 5:30 pm to 7:30 pm

#### SUNDAY THROUGH FRIDAY

Breakfast 7:30 to 9:00 am  
Lunch 12:00 pm to 1:30 pm  
Dinner 5:30 pm to 7:30 pm

## SUNDAY | Sample

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

## MONDAY | Sample

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

## TUESDAY | Sample

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