

SAMPLE SCHEDULE - CLASSES AND TIMES ARE SUBJECT TO CHANGE

Sample Week

Your week begins...

Welcome to a most enjoyable and life-changing vacation, one filled with many accomplishments as well as blissful rest and retreat.

Stay flexible...in more ways than one! After you secure your spa appointments, try sketching out your personal program for an entire week, or take it day by day. Our Fitness Concierge is always ready to help you get the most out of your week. You'll soon discover many "don't miss!" experiences that inspire schedule changes.

Seek a balance when considering the many options for movement, nutrition, relaxation, entertainment and learning. Generally speaking, try to follow a vigorous, challenging class (i.e. Circuit Training) with something more restorative (i.e. Yoga or a spa treatment).

Keep in mind a few guidelines for the week:

- We are a "digital noise-free environment". Please turn off ringers and alerts on your devices. If you must answer or make a call, do so in the privacy of your room, or the Administration Bldg.
- A few classes require signing up in advance on forms posted in the Main Lounge
- "Progressive" classes are a continuum over several days. Your knowledge of that particular discipline and your fitness level will grow with each passing day. If you miss the first day, don't despair; you can still drop in on subsequent days.
- Classes and activities begin on time and last 45 minutes unless noted otherwise.
- The Main Lounge is open 24/7 and is a hub for socializing and checking the bulletin boards. Coffee and tea are always available, as are new friends to talk with, daily newspapers, and a guitar and piano. Games are in the cabinets.

SATURDAY | Sample

- 6:15 **Mountain Hike: Professor's** challenging 3.3 Miles Main Lounge
- 6:30 **Dove Meditation Hike** 1.2 Miles Main Lounge
 Open Lap Swim 6:30am-2:00, 3-5:00 pm Activity Pool
 Open Meditation unstaffed (until 8:00 am) Milagro
- 7:00 **Woodlands Hike** 2 Miles Main Lounge
 Open Weight Room Staffed Azteca
- 9:00 **Stretch** Montaña
- 10:00 **Circuit Training** Azteca
- 11:00 **Yoga: All Levels** Montaña
- 12:30 – 2:45 **Fitness Concierge** Dining Hall
 A fitness specialist is available to answer all questions
- 2:00 **Deep Water Workout** Activity Pool
- 3:00 **Navigator: Balancing your Ranch Schedule** (60 mins) Olmeca
 Stretch Pinetree
- 4:00 **Open Weight Room** Staffed Azteca
 New! Tips for a Magical Week: Create your Ranch Intention Library Lounge
- 5:00 **Ranch Tour** (30 mins) First Timers encouraged Starts in Main Lounge
 Returnee Guest Update Olmeca
- 5:30 **First Time Guest Ranch Orientation** Tolteca
- 6:45 **Meet the Presenters** Dining Hall
- 7:30 **Movie: The Martian** Library Lounge
- 8:00 **The Stories We Tell Ourselves...About Ourselves, with Nancy Slonim Aronie** Oaktree

MEAL HOURS

SATURDAY

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

SUNDAY THROUGH FRIDAY

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

* Star Symbols indicate classes with limited equipment. Please arrive early to ensure a space.

SUNDAY | Sample

- 6:15 **Mountain Hike: Pilgrim** Challenging 3.5 Miles (Su) Main Lounge
- 6:30 **Mountain Hike: Alex's Oak** 2 Miles (Su,W) Main Lounge
 Open Meditation Unstaffed (Su-F until 8:00 am) Milagro
- 7:00 **Woodlands Hike** 2 Miles (Su,T,Th) Main Lounge
 Open Lap Swim 7am-6pm (when no class is in session) Activity Pool
 Open Weight Room Unstaffed (Su-F) Azteca
- 9:00 **Introduction to Circuit Training** (Su) Azteca
 Introduction to Pilates Mat: Fundamentals Progressive (Su) Pinetree
 Meditation (Su-F) Milagro
 Sculpt and Strengthen: Level 2 (Su,Th) Olmeca
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (Su,T,Th) Tennis Courts 3 and 4
- 10:00 **Dance: Nia** (Su also M at 2p) Kuchumaa
 Introduction to Circuit Training (Su) Azteca
 Pilates Mat: Level 2 (Su,T,W,F) Pinetree
 Pickleball (Su also T at 7a, Th,F at 9a) Tennis Court 1
 Tennis Clinic: Level 2 (Su,T,Th) Tennis Courts 3 and 4
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Gyrokinesis®** (Su-W) Pinetree
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Ranch Ropes 30 mins (Su,Th) Olmeca
 Stretch (Su,T,Th) Oaktree
 The Wave (Su,M,W) Activity Pool
 Yoga: Level 2 75 min (Su-F) Montaña
- 12:00 **Labyrinth** 30 mins (Su,F) Labyrinth
 Swim Conditioning Clinic 30 mins (Su,Th) Activity Pool
- 12:30 **Meet the Fitness Staff** (Su) Dining Hall
 Fitness Concierge (Su) Dining Hall
- 1:00 **Gyrotonic Tower Demo** 30 min (Su) Pilates Studio
 WATSU® and Waterdance® Demonstration: Swim attire required (Su) South Pool
 What is Craniosacral Therapy and Energy Medicine? with Michael Brightwood Library Lounge
 Food & Mood, with Vicky Newman, MS, RDN Olmeca
- 2:00 **Cardio Drum Dance** Sign up Su only (Su,T) Kuchumaa
 Hydro-Fit Deep Water Training (Su,T,Th) Activity Pool
 Open Weight Room Unstaffed (Su-F) Azteca
 Postural Therapy (Su,T) Tolteca
 NEW! Pilates Tower: Fundamentals Sign up (Su,Th) Pilates Studio
 Sexual Cycles, with Linda Carroll, MS Oaktree
- 3:00 **Anytime Interval Training** 30 mins (Su also offered T at 11a) Azteca
 Pilates Reformer: Fundamentals Sign up in the Pilates Studio (\$25 fee) (Su,T,Th) Pilates Studio
 Tai Chi (Su,T) Arroyo
 TRX Basics (Su also T,Th at 10a) Tolteca
- 4:00 **Foam Roller** (Su,T,Th) Tolteca
 Inner Journey: Guided Meditation (Su-F) Oaktree
 Open Weight Room Staffed (Su-Th) Azteca
 Restorative Yoga (Su-F) Montaña
 Mah Jongg -- A little history...a little culture, with Toby Salk Olmeca
- 5:00 **Moving Through Pain: The Process of Mastering Your Pain, with Nathan Briner** Olmeca
- 7:30 **Movie: Carol** Library Lounge
- 8:00 **The Magical Medicine of Exercise, with Jordan Metzl, MD** Olmeca

MONDAY | Sample

- 6:15 **Mountain Hike: Professor's** Challenging 3.3 Miles (M,Th) Main Lounge
- 6:30 **Open Meditation** unstaffed (Su-F until 8:00 am) Milagro
- 7:00 **Open Lap Swim** 7am-6pm (when no class is in session) Activity Pool
 Open Weight Room Unstaffed (Su-F) Azteca
 Par Cour: Jogging the Obstacle Course 45 - 60 minutes (M) Meet outside of Kuchumaa Gym
 Quail Hike 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
 Sunrise Yoga (M) Montaña
- 9:00 **Body Bar Plus: Level 2** (M,W,F) Olmeca
 Circuit Training (M-F) Azteca
 Feldenkrais® (M) Oaktree
 Meditation (Su-F) Milagro
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
- 10:00 **Circuit Training** (M-F) Azteca
 Dance: Zumba (M,Th) Kuchumaa
 H2O Boot Camp: (M,W) Activity Pool
 Pilates Arc Barrel Level 2 (M,Th) Pinetree
 Sculpt & Strengthen: Level 1 (M,W,F) Olmeca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Cardio Muscle Blast: Level 2** (M,F) Azteca
 Cycle 30: All Levels 30 mins (M,W,F) Pai Pai
 Gyrokinesis® (Su-W) Pinetree
 Release & Mobilize please Wear socks (M,W,F) Oaktree
 The Wave (Su,M,W) Activity Pool
 TRX Combo: Level 2 (M,W) Tolteca
 Yoga: Level 2 75 min (Su-F) Montaña
- 1:00 **Digestive Wellness, with Vicky Newman, MS, RDN** Olmeca
 Sculpting Class, with José Ignacio Castañeda (Sign up, 1.5 hrs) Art Studio
- 2:00 **Balance & Coordination** (M,Th) Olmeca
 Dance: Nia (M also Su at 10a) Kuchumaa
 Feldenkrais® (M) Oaktree
 Open Weight Room Unstaffed (Su-F) Azteca
 Pilates Reformer: Level 2 Sign up in the Pilates Studio (\$25 fee) (M,W) Pilates Studio
 Five Normal Troubles and One Essential Skill, with Linda Carroll, MS Arroyo
- 3:00 **Aqua Ease** (M,W) Activity Pool
 Open Weight Room Unstaffed (M-F) Azteca
 Stability Ball 30 mins (M,W) Olmeca
 Kettlebells (30 mins) (M,Th) Tolteca
- 4:00 **Inner Journey: Guided Meditation** (Su-F) Oaktree
 Open Weight Room Staffed (Su-Th) Azteca
 Restorative Yoga (Su-F) Montaña
 Common Sports Injuries and the Easy Home Remedies to Fix Them, with Jordan Metzl, MD Olmeca
 Beginners Mah Jongg--American Style, with Toby Salk. Must be present for this first class if you really want to learn (60 min) Tolteca
- 5:00 **Rancho La Puerta's Guest Reception - All invited! Enjoy our sangria, guacamole and more! Live Music with Steph!** Bazar del Sol
- 7:30 **Design Your Own Jewelry, with Jennifer Brandt** 1.5 hrs Sign up Art Studio
 Movie: The Hundred Foot Journey Library Lounge
- 8:00 **Some Enchanted Evening: From the Met to Broadway, with Monika Krajewska and Yelena Kurdina** Oaktree

TUESDAY | Sample

- 6:05 **Organic Garden Breakfast Hike** Moderate 4 Miles, Sign up (T-F) Main Lounge
- 6:15 **Mountain Hike: Coyote** Advanced 5.5 or 4 Miles (T,F) Main Lounge
- 6:30 **Open Meditation** unstaffed (Su-F until 8:00 am) Milagro
- 7:00 **Open Lap Swim** 7am-6pm (when no class is in session) Activity Pool
 Open Weight Room Unstaffed (Su-F) Azteca
 Woodlands Hike 2 Miles (Su,T,Th) Main Lounge
 Pickleball (T also Th,F at 9a, Su at 10a) Tennis Court 1
- 9:00 **Cardio Kickboxing** (T) Kuchumaa
 Circuit Training (M-F) Azteca
 Meditation (Su-F) Milagro
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 Tabata Sculpt: Level 2 (T) Olmeca
 Tennis Clinic: Level 1 (Su,T,Th) Tennis Courts 3 and 4
- 10:00 **BOSU Fit** (T,Th) Olmeca
 Circuit Training (M-F) Azteca
 Dance: Hot Latin Cardio (T) Kuchumaa
 Pilates Mat: Level 2 (Su,T,W,F) Pinetree
 Tennis Clinic: Level 2 (Su,T,Th) Tennis Courts 3 and 4
 TRX Basics (T,Th also Su at 3p) Tolteca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Anytime Interval Training** 30 mins (T also offered Su at 3p) Azteca
 Gyrokinesis® (Su-W) Pinetree
 H2O Core Challenge (T,Th) Activity Pool
 Nature Walk 60-75 mins (T,Th) Gazebo
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Stretch (Su,T,Th) Oaktree
 Yoga: Level 2 75 min (Su-F) Montaña
- 1:00 **Paleo in Perspective, with Vicky Newman, MS, RDN** Olmeca
 Energy Medicine, with Jonelle Rutkauskas Tolteca
 Mexican Folk Art & Sculpture Walk, with Jennifer Brandt Art Stud
 12 Step Meeting Maya Lounge
- 2:00 **Cardio Drum Dance** (Su,T) Kuchumaa
 Hydro-Fit Deep Water Training (Su,T,Th) Activity Pool
 Open Weight Room Unstaffed (Su-F) Azteca
 Postural Therapy (Su,T) Tolteca
 New! Pilates Equipment Circuit (Some Mat or Reformer experience required) Sign up in Pilates Studio (T) Pilates Studio
- 2:30 **Watercolor! with Jennifer Brandt** 1.5 hrs Sign up Art Studio
- 3:00 **Core Challenge** 30 mins (T,Th) Olmeca
 Open Weight Room Unstaffed (M-F) Azteca
 Partner Thai Massage bring a partner (T) Montaña
 Pilates Reformer: Fundamentals Sign up in the Pilates Studio (\$25 fee) (Su,T,Th) Pilates Studio
 Tai Chi (Su,T) Arroyo
- 4:00 **Foam Roller** (Su,T,Th) Tolteca
 Inner Journey: Guided Meditation (Su-F) Oaktree
 Open Weight Room Staffed (Su-Th) Azteca
 Restorative Yoga (Su-F) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Dan Richer. Register at ext 625. Fee. 3.5 hrs. Meet at the Administration Bldg. PROMPT departure at 4:00pm; return approx. 7:30pm
 Beginners Mah Jongg--American Style with Toby Salk (60 min) Olmeca
- 5:00 **Women and Friendship, with Linda Carroll, MS** Oaktree
- 7:30 **Design Your Own Jewelry/Jennifer Brandt** 1.5 hrs Sign up Art Stud
 DOCUMENTARY: Tree of Life, The Living Legacy of Edmond Szekely Library Lounge
- 8:00 **An Evening with Deborah Szekely, co-founder of Rancho La Puerta in 1940, including Q & A** Oaktree
 Movie: The Big Short Library Lounge

SAMPLE SCHEDULE - CLASSES ARE SUBJECT TO CHANGE

WEDNESDAY | Sample

- 6:05 **Organic Garden Breakfast Hike** Moderate 4 Miles, Sign up (T-F) Main Lounge
- 6:15 **Mountain Hike: Raven** Advanced, Option of 4.5 or 3.5 Miles (W) Main Lounge
- 6:30 **Mountain Hike: Alex's Oak** 2 Miles (Su,W) Main Lounge
- Open Meditation** unstaffed (Su-F until 8:00 am) Milagro
- 7:00 **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
- Open Lap Swim** 7am-6pm (when no class is in session) Activity Pool
- Open Weight Room** Unstaffed (Su -F) Azteca
- 9:00 **Bird Walk** (W,F) Gazebo
- Body Bar Plus: Level 2** (M,W,F) Olmeca
- Circuit Training** (M-F) Azteca
- Meditation** (Su-F) Milagro
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Stretch** (Su-F) Montaña
- 10:00 **Circuit Training** (M-F) Azteca
- Dance: Hip Hop Body Rock** (W also Th at 2p) Kuchumaa
- H2O Boot Camp:** (M,W) Activity Pool
- Landscape Garden Walk** (W) Gazebo
- Pilates Mat: Level 2** (Su,T,W,F) Pinetree
- Sculpt & Strengthen: Level 1** (M,W,F) Olmeca
- Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00 * **Cycle 30: All Levels** 30 mins (M,W,F) Pai Pai
- Gyrokinesis®** (Su-W) Pinetree
- Release & Mobilize** please Wear socks (M,W,F) Oaktree
- The Wave** (Su,M,W) Activity Pool
- TRX Combo: Level 2** (M,W) Tolteca
- Yoga: Level 2** 75 min (Su-F) Montaña
- The Ironstrength Workout, with Jordan Metz, MD** Olmeca
- 1:00 **Chocolate, Red Wine & Heart Healthy Eating/ Vicky Newman, MS, RDN** Olmeca
- Painting Demo and Landscape Sketching, with Jennifer Brandt** 4 hrs (Stay for five minutes or spend the entire afternoon) Ember Gallery/ Art Studio
- Sculpting Class, with José Ignacio Castañeda** (Sign up, 1.5 hrs) Art Studio
- 2:00 **Chant** (W,F) Milagro
- Dance: Hula Hoops** (W) Kuchumaa
- Open Weight Room** Unstaffed (Su-F) Azteca
- Pilates Reformer: Level 2** Sign up in the Pilates Studio (\$25 fee) (M,W) Pilates Studio
- DOCUMENTARY: Tree of Life, The Living Legacy of Edmond Szekely, followed by Q& A with Rob Larson** (W,F) Library Lounge
- 3:00 **Aqua Ease** 30 mins (M,W) Activity Pool
- Open Weight Room** Unstaffed (M-F) Azteca
- Sound Healing** (W-F) Oaktree
- Stability Ball** 30 mins (M,W) Olmeca
- 4:00 **Inner Journey: Guided Meditation** (Su-F) Oaktree
- Open Weight Room** Staffed (Su-Th) Azteca
- Restorative Yoga** (Su-F) Montaña
- Hands-on Cooking Class at La Cocina Que Canta with Sous Chef Reyna Venegas.** Register at ext 625. Fee. 3.5 hrs. Meet at the Administration Bldg. PROMPT departure at 4:00pm; return approx. 7:30pm
- Beginners Mah Jongg--American Style, with Toby Salk** (60 min) Tolteca
- 5:00 **Exploring the Science of Healthy Running, with Jordan Metz, MD.** Olmeca
- 5:15 **Relax and enjoy live background music with Susana and Beto** Bazar del Sol
- 7:30 **Movie: A Little Chaos** Library Lounge
- 8:00 **Pasión y Nostalgia: Songs from Spain and Latin America, with Monika Krajewska and Yelena Kurdina** Oaktree

THURSDAY | Sample

! If you have not already done so, please find a time in your schedule to sign up for return transportation – Admin Building or Concierge Desk

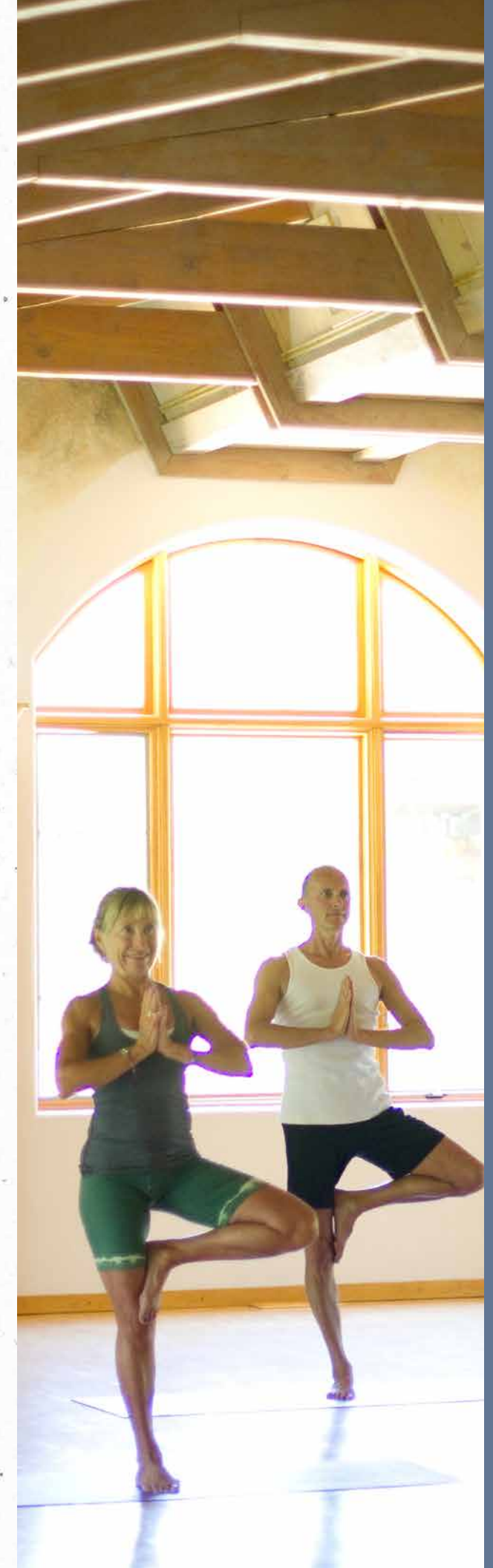
- 6:05 **Organic Garden Breakfast Hike** Moderate 4 Miles, Sign up (T-F) Main Lounge
- 6:10 **Mountain Hike: 7 Mile Breakfast** Advanced, Sign Up (Th) Main Lounge
- 6:15 **Mountain Hike: Professor's** Challenging 3.3 Miles (M,Th) Main Lounge
- 6:30 **Open Meditation** Unstaffed (Su-F until 8:00 am) Milagro
- 7:00 **Woodlands Hike** 2 Miles (Su,T,Th) Main Lounge
- Open Lap Swim** 7am-6pm (when no class is in session) Activity Pool
- Open Weight Room** Unstaffed (Su-F) Azteca
- 9:00 **Circuit Training** (M-F) Azteca
- Meditation** (Su-F) Milagro
- * **Pickleball** (Th,F also T at 7a, Su at 10a) Tennis Court 1
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Sculpt and Strengthen: Level 2** (Su,Th) Olmeca
- Stretch** (Su-F) Montaña
- Tennis Clinic: Level 1** (Su,T,Th) Tennis Courts 3 and 4
- 10:00 **BOSU Fit** (T,Th) Olmeca
- Circuit Training** (M-F) Azteca
- Dance: Zumba** (M,Th) Kuchumaa
- Pilates Arc Barrel: Level 2** (M,Th) Pinetree
- Tennis Clinic: Level 2** (Su,T,Th) Tennis Courts 3 and 4
- * **TRX Basics** (T,Th also Su at 3p) Tolteca
- Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00 **H2O Core Challenge** (T,Th) Activity Pool
- Nature Walk** 60-75 mins (T,Th) Gazebo
- Ranch Ropes** 30 mins (Su,Th) Olmeca
- * **Ranch Cycling: All Levels** (Su,T,Th,) Pai Pai
- Stretch** (Su,T,Th) Oaktree
- Yoga: Level 2** 75 min (Su-F) Montaña
- 12:00 **Swim Conditioning Clinic** 30 mins (Su,Th) Activity Pool
- Yarn Painting Demo, with Tim Hinchliff** Dining Hall
- 1:00 **A Casual Conversation about the Early Days at the Ranch, with Manuelita Ching** Library Lounge
- Make a Prayer Arrow, with Tim Hinchliff** Sign up (no fee) Main Lounge
- Open Art Studio, with Jennifer Brandt** 2 hrs Art Studio
- 2:00 **Balance & Coordination** (M,Th) Olmeca
- Dance: Hip Hop Body Rock** (Th also W at 10a) Kuchumaa
- * **Hydro-Fit Deep Water Training** (Su,T,Th) Activity Pool
- Open Weight Room** Unstaffed (Su-F) Azteca
- NEW! Pilates Tower: Fundamentals** Sign up (Su,Th) Pilates Studio
- 3:00 **Core Challenge** 30 mins (T,Th) Olmeca
- Kettlebells (30 mins)** (M,Th) Tolteca
- Open Weight Room** Unstaffed (M-F) Azteca
- Pilates Reformer: Fundamentals** Sign up in the Pilates Studio (\$25 fee) (Su,T,Th) Pilates Studio
- Sound Healing** (W-F) Oaktree
- 4:00 **Foam Roller** (Su,T,Th) Tolteca
- Inner Journey: Guided Meditation** (Su-F) Oaktree
- Open Weight Room** Staffed (Su-Th) Azteca
- Restorative Yoga** (Su-F) Montaña
- Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Dan Richer.** Register at ext 625. Fee. 3.5 hrs. Meet at the Administration Bldg. PROMPT departure at 4:00pm; return approx. 7:30pm
- Beginners Mah Jongg--American Style, with Toby Salk** (60 min) Olmeca
- 5:00 **Painting and Sculpture Exhibition showing works by resident artists Jennifer Brandt, José Ignacio Castañeda & Tim Hinchliff** Bazar del Sol
- 6:15 **Silent Dinner** Sign up (Th) Los Olivos (dining hall balcony)
- 7:30 **Movie: The Intouchables** Library Lounge
- 8:00 **Bingo with Barry!** Tolteca

FRIDAY | Sample

! If you have not already done so, please find a time in your schedule to sign up for return transportation – Admin Building or Concierge Desk

- 6:05 **Organic Garden Breakfast Hike** Moderate 4 Miles, Sign up (T-F) Main Lounge
- 6:15 **Mountain Hike: Coyote** Advanced Option of 5.5 or Challenging 4 Miles (T,F) Main Lounge
- 6:30 **Dove Meditation Hike** 1.2 Miles (F) Main Lounge
- Open Meditation** Unstaffed (Su-F until 8:00 am) Milagro
- 7:00 **Open Lap Swim** 7am-6pm (when no class is in session) Activity Pool
- Open Weight Room** Unstaffed (Su-F) Azteca
- Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
- 9:00 **Bird Walk** (W,F) Gazebo
- Body Bar Plus: Level 2** (M,W,F) Olmeca
- Circuit Training** (M-F) Azteca
- Meditation** (Su-F) Milagro
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- * **Pickleball** (Th,F also T at 7a, Su at 10a) Tennis Court 1
- Stretch** (Su-F) Montaña
- 10:00 **Circuit Training** (M-F) Azteca
- Dance: Hip Hop Flashback** (F) Kuchumaa
- Pilates Mat: Level 2** (Su,T,W,F) Pinetree
- Sculpt & Strengthen: Level 1** (M,W,F) Olmeca
- TRX Cardio: Level 2** (F) Tolteca
- Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00 * **Cycle 30: All Levels** 30 mins (M,W,F) Pai Pai
- Cardio Muscle Blast: Level 2** (M,F) Azteca
- Release & Mobilize** please Wear socks (M,W,F) Oaktree
- Shallow Water Workout** (F) Activity Pool
- Yoga: Level 2** 75 min (Su-F) Montaña
- 12:00 **Labyrinth** 30 min (Su,F) Labyrinth
- 1:00 **Taking the Ranch Home** (F) Library Lounge
- 1:30 **Yarn Painting Workshop, with Tim Hinchliff** Sign up (\$40 fee) Dining Hall
- 2:00 **Chant** (W,F) Milagro
- Dance: Step Aerobics** (F) Kuchumaa
- Open Weight Room** Unstaffed (Su-F) Azteca
- Sleep Well: Siesta Time** (F) Arroyo
- DOCUMENTARY: Tree of Life, The Living Legacy of Edmond Szekely, followed by Q& A with Rob Larson** (W,F) Library Lounge
- 3:00 **Dance with Yuichi!** (F) Kuchumaa
- Open Weight Room** Unstaffed (M-F) Azteca
- Sound Healing** (W-F) Oaktree
- Water Polo on a Noodle** (F) Activity Pool
- Mexico Past and Present, with José Guadalupe Flores, Ph.D.** Tolteca
- 4:00 **Inner Journey: Guided Meditation** (Su-F) Oaktree
- Restorative Yoga** (Su-F) Montaña
- Ranch History Walk: Explore the roots of the Ranch and its rich 75 year history, with Rob Larson** Gazebo
- 5:00 **Gallery Reception, with Jennifer Brandt and Ignacio Castañeda** Ember Gallery
- 5:30 **Friday Night's Celebration** Dining Hall
Dinner served 5:30-7:30 as usual
Music starts at 7:00 pm, with dance following, featuring:
❖ **The Legendary Yuichi!**
❖ **Rancho La Puerta Fiesta Band**
- 7:30 **Movie: The Age of Adaline** Library Lounge

Tomorrow's Saturday schedule can be found on bulletin boards in the Main Lounge, Concierge, Front Desk and the Dining Hall.



YOUR WEEKLY SCHEDULE OF FITNESS CLASSES & ACTIVITIES