



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 helpful suggestions, 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 the week. 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 enjoying 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.

### 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\*

### 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. KUCHUMAA EXTREME MOUNTAIN HIKE

An 8 mile hike up Mt. Kuchumaa to the US/Mexican border. Climb over rugged and steep terrain approximately 5 miles to the border with a 3 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 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.

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

# FITNESS CLASSES

## AERIAL SILKS-LOW

Stretch, relax, and unwind in silk hammocks suspended close to the ground. Experience a gentle, calming, and therapeutic decompression of the spine as you flow through a variety of aerial yoga poses.

## AERIAL SILKS-HIGH

Flip your perspective and challenge your adventurous side. In this class, you'll build total body strength, increase flexibility, experience spinal decompression, and enjoy deep, full body relaxation. Expect to spend time both on the floor and in the hammock (prerequisite: one or more aerial yoga class).

## BAJA BARRE

Experience all the fun, intensity, and technique of a traditional ballet barre class with movements and musical influences from south of the border. You'll focus on lengthening and toning your body. All levels are welcome, and no dance experience is required.

## BALANCE AND COORDINATION

This class will help to stimulate postural awareness and improve your balance and coordination with integrated and challenging movements.

## BOSU BALANCE

Enjoy movement challenges and games with the BOSU, which is designed to increase your balance and overall reaction time. It's a great way to take your balance and coordination training to the next level!

## BOSU FIT

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

## THE BOUNCE

This mini-trampoline class offers all the benefits of a great cardio workout with less stress to the joints. It incorporates upper and lower body strength, core work, balance, and coordination. This innovative way to train is fun, functional, and works with the music to train your brain.

## CARDIO BOXING

Learn basic moves and punches using focus mitts and boxing gloves. You'll improve coordination, flexibility, and have fun!

## CARDIO DRUMMING

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

## CARDIO MUSCLE BLAST

A high energy-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.

## CYCLE30

A great class for those starting up or getting back into an exercise routine. This is a 30-minute cycle class that will increase your stamina and build confidence.

## DANCE

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

## FELDENKRAIS®

Experience subtle movements that explore your body's internal feedback and make natural self-corrections from within. Feldenkrais® changes deeply held patterns and habits that constrain our movement and potential.

## FUNCTIONAL MOBILITY

This is a low-impact class is designed to restore function and improve movement quality throughout your body. You will perform simple, dynamic movements in all three cardinal planes, using the foam roller as a tool to promote mobility in our feet/ankles, hips, shoulders, and thoracic spine. The foam roller will be used as a lightweight, easily accessible implement to drive motion, provide balance, and measure movement.

## HIIT

Get your heart pumping in this guided cardio workout utilizing interval principles. Choose any cardio machine to make it functional.

## KETTLE BELLS

A unique training tool for building deep core strength and stability. Think of kettlebells as if they are a cannon ball with a handle. Kettlebells will challenge your arms, legs, and core to the max. (Level 2.)

## NIA (NEUROMUSCULAR INTEGRATIVE ACTION)

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

## OBSTACLE COURSE

A two-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.

## OPEN WEIGHT ROOM

Workout in Azteca Gym with HOIST® fitness equipment, treadmills, stationary bikes, free weights, ellipticals, and more.

## PARTNER THAI MASSAGE

This class features a combination of massage, assisted stretching, joint stimulation, and acupressure. You and your friend/partner will be guided through a series of techniques to 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.

## PUMP IT AND PUMP IT XPRESS

These barbell classes use light to moderate weights with lots of repetition to tone and strengthen your whole body. Connect the best weight-room moves like squats, curls, and lunges with music and enjoy a fun and effective workout. Offered as either a 30- or 45-minute workout.

## RANCH CYCLING

Ride the open road, climb a mountain, and sprint – all while enjoying the stability of a stationary bike. (All levels.)

## RANCH ROPES

A 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 by massaging tennis balls on specific trigger points and myofascial junctions. The goal is to decrease tightness and muscle spasms.

## ROLL AND RELEASE

Release muscular tension and increase your range of motion through massage with a cylinder roller and tennis balls.

## SAND VOLLEYBALL

A brief warm-up and introduction to volleyball techniques followed by fun and 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 fun 30-minute workout. This class is focused on building strength, balance, coordination, and endurance.

## STRETCH

Enjoy a full body head to toe stretch.

## STRETCH & RELAX

Savor a soothing full body stretch with a relaxation component at the end

## T'AI CHI

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

## TRX FUNDAMENTALS

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

This fast moving TRX class 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 is welcome!

## WATER VOLLEYBALL

Join us in the Central Pool for a refreshing and fun water volleyball game. The same rules apply as normal volleyball except you are in the water, getting wet and having fun! The more players the more fun.

## WORLD DRUMMING

Learn traditional world rhythms and songs as a group. This upbeat, energetic, and interactive class is the perfect environment for students of all musical levels to work and play together..

# PILATES

## PILATES ARC BARREL CLASS

Join us for a Pilates arc barrel mat class to increase and deepen your Pilates core experience.

## PILATES TWENTY/20

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 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 for people who regularly practice Pilates mat.

## PILATES CADILLAC 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 for those who have never been on a Pilates reformer. (Sign up required.)

## PILATES INTERMEDIATE REFORMER, LEVEL 2

A group Pilates reformer class for those who regularly take reformer classes. Includes the Pilates Hundred with straight legs, planks, and inversions. (Sign up required.)

# 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

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

## 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

Ideal 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.

## 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. Strength-training exercises are incorporated to build lean muscle mass. Yoga Sculpt will boost your metabolism and complement your regular yoga practice. (Level 2.)

# 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.

## 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.

## 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 the 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.

# 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.)

# 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

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.

## MEN'S PROGRAM

Rancho La Puerta was co-founded by a man and has always been coed. 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

# 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 95 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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