



# The Vacation That Left Us Feeling Relaxed, Energized, and Fitter Than When We Arrived

**FitnessFun** Jul 20, 2018

A vacation that includes relaxation and great food doesn't have to ruin your fitness goals. At **Rancho La Puerta**, you really can have it all.



Having a blast leading a sunrise trail run! There are endless trails for all levels of hiking or running

After spending a full week at The Ranch, complete with a beautiful morning hike prior to breakfast every day, we felt compelled to come home and give you 5 reasons for why we would suggest heading to **Rancho La Puerta** for a girls' getaway:

# 1. Endless Fitness Classes

Don't let this intimidate you! With 50+ fitness classes to choose from every day, we had the option to keep it low-key with meditation or yoga, cool off with a pool workout, or hit it hard with a cardio or sculpt class.

SUNDAY   July 8	
★ Star Symbols indicate classes with limited equipment. Please arrive early to reserve a space.	
8:15	Mountain Hike: Pigeon Challenging 3.5 Miles (Su) Main Lounge
8:30	Mountain Hike: Alter's Oak 2 Miles (Su, M) Main Lounge
	Trial Run Challenging 3.5 miles Lowlands (Su, M, F) Main Lounge
8:45	Woodlands Hike 2 Miles (Su, T, Th) Main Lounge
8:15	Fitness Concierge 30 mins (Su) Dining Hall and Villas Pool
9:00	Feldenkrais (Su) Oaklee
	Introduction to Pilates Mat: Fundamentals Progressive (Su) Phoenix
	Introduction to Circuit Training (Su) Azteca
	Meditation (Su, T, W, F) Wings
	Sculpt & Strength: Level 2 (Su, W) Omeca
	Stretch (Su, F) Jumpy
	Stretch (Su, F) Montaña
	Tennis Clinic: Level 1 (Su, T, Th) Tennis Courts
	Introduction to Circuit Training (Su) Azteca
10:00	Ma (Su, M, W, F) Kuchuma
	Pilates Mat: Level 2 (Su, T, Th) Phoenix
	Ranch Cycling: All Levels (Su, T, Th) Pal Pal
	Running Clinic (Su) West side of Kuchuma Gym
	Tennis Clinic: Level 2 (Su, T, Th) Tennis Courts
	Yoga Fundamentals: All levels (Su, F) Montaña
	TKX Fundamentals (Su, T, Th) Tolteca
11:00	Cardio Muscle Blast (Su) Kiteca
	Gyrodance (Su, Th) Phoenix
	Release & Mobilize: please wear socks (Su, T, Th) Oaklee
	The Wave (Su, F) Activity Pool
	Yoga: Level 2 75 mins (Su, F) Montaña
12:00	Gyrodance Tower Demo 30 mins (Su, T) Pilates Studio
	Evening Stretch Class 30 mins (Su, Th) Activity Pool
1:00	Digestive Wellness, with Vicki Newman, MS, RD, ONC
	WATTS: WaterDance® Demonstration (Su) South
2:00	Cardio Drum Dance (Su, W) Kuchuma
	Balance & Coordination (Su) Omeca
	Deep Water Training (Su, T, Th) Activity Pool
	Feldenkrais (Su) Oaklee
	Pilates Reformer: Level 2 (Su, W) Pilates Studio
3:00	Pilates Reformer: Fundamentals (Su, T, Th) Pilates Studio
	Sound Healing (Su, M, T, Th, F) Oaklee
	Stability Ball 30 mins (Su, Th) Omeca
	Tai Chi (Su, M, T, W, F) Montaña
	Introduction to SoulCollage, with Karen Nardi 90 mins (Su, W) Jumpy
4:00	Aerial Silks - Low please wear socks and sleeves (Su, T, Th also M, F at 3) Kuchuma
	Inner Journey: Guided Meditation (Su, T, W, F) Oaklee
	Open Weight Room Staffed (Su, Th) Azteca
	Roll and Release: please wear socks (Su, T, Th) Tolteca
	Stretch and Relax (Su, T) Montaña
	Water Volleyball (Su) Central Pool
5:00	Happy Authentic You, with Wendy Kowar Tolteca
	Ayurveda: Science of Life and Longevity (Carla Levy, C.A.S. Oaklee
7:30	Movie: Breathes Library Lounge
8:00	Sex Ed for Grownups with Debra Haffner, M.P.H., M.Div., D. Min. Omeca
9:00	Explore the Night Sky: Star Gazing, with Scott Marrone (Bring your flashlight) Sign Up Activity Pool
MONDAY   July 9	
★ Star Symbols indicate classes with limited equipment. Please arrive early to reserve a space.	
6:15	Mountain Hike: Professor's Challenging 3.3 Miles (M, Th) Main Lounge
6:30	Introduction to Obstacle Course 60 mins (M, Th) Meet outside of Kuchuma Gym
	Trial Run Challenging 3.5 miles Lowlands (Su, M, F) Main Lounge
6:45	Quail Hike 2 Miles with an Option to do an Extra Moderate Half Mile (M, W, F) Main Lounge
7:00	Sunrise Yoga (M) Montaña
8:00	Chart (M, Th) Wings
	Circuit Training (M, F) Azteca
	Pickleball (M, W, F) Pickleball Court
	Pilates Mat: Fundamentals Progressive (M, F) Phoenix
	Pump It: Level 2 (M, F) Tolteca
	Stretch (Su, F) Jumpy
	Stretch (Su, F) Montaña
10:00	Circuit Training (M, F) Azteca
	Ma (Su, M, W, F) Kuchuma
	Pilates Arc Barrel: Level 2 (M, Th) Phoenix
	Sculpt and Strength: Level 1 (M, W, F) Omeca
	Yoga Fundamentals: All levels (Su, F) Montaña
11:00	Cycle 20: All Levels 30 mins (M, F) Pal Pal
	Gyrodance (Su, Th) Phoenix
	TKX Circuit: Level 2 (M, W) Tolteca
	TKX Circuit: Level 2 (M, W) Kuchuma
	The Source 30 mins (M, Th) Kuchuma
	The Wave (Su, F) Activity Pool
	Yoga: Level 2 75 mins (Su, F) Montaña
1:00	Food & Mood, with Vicki Newman, MS, RD, ONC
	Energy Medicine, with Jennifer Rutkowski Tolteca
2:00	Dance: Capella Hip Hop: Body Rock (M) Kuchuma
	W20 Bootcamp (M, W) Activity Pool
	Pilates Cadillac Fundamentals (M, F) Pilates Studio
	Postural Therapy (M, T) Tolteca
	Daily Ayurvedic Practices for Creating & Maintaining Vitality and Resilience (Carla Levy, C.A.S., Anyo)
	Design Your Own Jewelry, with Jennifer Brandt 90 mins Sign up Art Studio
3:00	Aerial Silks - Low please wear socks and sleeves (M, F also Su, T, Th) Kuchuma
	Bagg Bagg (M, W) Omeca
	Kettlebells All Levels 30 mins (M, W) Tolteca
	Sound Healing (Su, M, T, Th, F) Oaklee
	Tai Chi (Su, M, T, W, F) Montaña
	Spanish 101 Progressive (M, F) Library
	Introduction to SoulCollage, with Karen Nardi 90 mins (Su, W) Jumpy
4:00	Fine Art Meditation (M) Oaklee
	Open Weight Room Staffed (Su, Th) Azteca
	Restorative Yoga (M, W, F) Montaña
	Love and Intimacy, with Debra Haffner, M.P.H., M.Div., D. Omeca
5:00	Fiesta at the Bazaar! All invited! Sangria and guacamole Bazaar del Sol
7:30	Design Your Own Jewelry, with Jennifer Brandt 90 mins Sign up Art Studio
	Movie: Victoria and Abdul Library Lounge
8:00	Wildlife at the Ranch after Dark, with William Carreras
9:00	Explore the Night Sky: Star Gazing, with Scott Marrone (Bring your flashlight) Sign Up Activity Pool

We totally fell in love with pickleball! Borderline anxiety deciding which amazing classes to take!

# 2. Farm Fresh and Portion Controlled Meals

Don't worry, you can always ask for seconds! With incredible breakfast/lunch buffet options and 4-course dinners, it wasn't hard to find delicious options to refuel and suit our mood.





Ok, we may not have "portion-controlled" breakfast too well, but it was too good to resist!

### 3. State of the Art Spa

Massages, facials, and manicures are never a bad idea on vacation! We personally opted for sports massages (you know we were taking all of the "most challenging" classes :)), but there were tons of great and relaxing options as well.



We made sure to exhaust ourselves on the obstacle course BEFORE our massages

## 4. The Ability to Truly Disconnect

Located on a 4,000-acre nature reserve, upon arriving we were provided with a cell phone "sleeping bag" as guests are highly encouraged not to use cell phones in public spaces. Wi-fi lounges are available if needed, but we personally enjoyed taking a bit of a break from technology (no TV's either!)



Kel enjoying a glass of wine on the patio of our adorable casita

## 5. Enrichment Classes

With options ranging from nutrition workshops and motivational speakers to cooking classes, we found there was always something fun and interesting to get into. We had the opportunity to participate in a "Hands-on" cooking class with Su-Mei Yu, renowned chef and founder of San Diego's Saffron restaurant. We helped to create an amazing 7-course Indian feast (we opted for the dessert in attempts to not ruin any recipes;)).



Almost time to feast!

Needless to say, we had an absolutely incredible, rejuvenating and fun-filled week! If you're ready to plan your next vacation, check out [Rancho La Puerta](#)!

xoxo L and K